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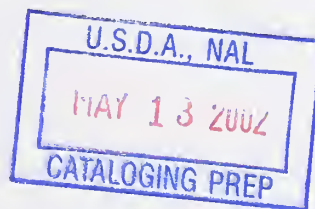
Food and Nutrition Resource Guide For Homeless Shelters, Soup Kitchens, and Food Banks



Food and Nutrition Resource Guide For Homeless Shelters, Soup Kitchens, and Food Banks

Andrea T. Lindsey and Janice K. Schneider
Food and Nutrition Information Center

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TABLE OF CONTENTS

	Page
Introduction	v
Section I: Educational Materials for Clients	1
General	3
Pregnancy	8
Breastfeeding	10
Infant Feeding	11
Feeding the Young Child	13
Elderly	15
Meal Planning and Food Buying	15
Food Safety and Sanitation	17
Section II: Resources for Staff and Volunteers	19
Contacts for Assistance	33
Internet Resources	37

Materials in this section are individual publications that we have included as useful resources:

- Appendix A: Food for Me: Citizen Action Fact Sheets for Community Food Recovery
- Appendix B: Food Guide Pyramid A Guide to Daily Food Choices
- Appendix C: Homeless People: How Can We Meet Their Food Needs?
- Appendix D: Nutrition and Your Health: Dietary Guidelines for Americans
- Appendix E: Pyramid Power Food Drive
- Appendix F: Sources of Free or Low-Cost Food and Nutrition Materials

INTRODUCTION

This *Resource Guide* contains food and nutrition educational materials for staff and volunteers working in homeless shelters, soup kitchens, food banks, and other related facilities. This *Resource Guide* also contains materials that can be used by clients.

This guide is divided into two sections: 1) EDUCATIONAL MATERIALS FOR CLIENTS, and 2) RESOURCES FOR STAFF AND VOLUNTEERS. Topics include general nutrition, pregnancy and breastfeeding, infant feeding, feeding the young child, elderly, menu planning and food buying, and food safety and sanitation.

All materials listed in the *Resource Guide* are available from the source listed. Contact the source to order copies of free materials or to purchase items.

Print materials were assessed for reading level using the WordPerfect 6.1 software program. The Flesch-Kincaid readability formula is used in this software program.

The Food and Nutrition Information Center (FNIC) of the National Agricultural Library prepared this guide as part of a partnership with the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA). Inclusion of an organization in this *Resource Guide* does not indicate endorsement by the USDA, nor does the USDA ensure the accuracy of all information provided by these organizations.

If you are aware of additional materials that would be useful for future updates, please send them to us or contact us at:

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National Agricultural Library
Agricultural Research Service
U.S. Department of Agriculture
10301 Baltimore Avenue, Room 304
Beltsville, MD 20705-2351
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TTY: (301) 504-6856
E-mail: fnic@nal.usda.gov
Web site: <http://www.nal.usda.gov/fnic>

SECTION I:

EDUCATIONAL MATERIALS FOR CLIENTS

GENERAL

Bone Up on Calcium

Format: Single sheet, 1992
Source: Maine State WIC Program
Dept. of Human Services
State House Station #11
Augusta, ME 04333
(207) 287-5341
Fax: (207) 287-5355
Reading Level: 5th grade
Language: English
Summary: Provides examples of foods high in calcium and makes suggestions for use.

Daily Food Guide - The New Mother

Format: Single sheet, 1994
Source: Indiana WIC Program
Indiana State Department of Health
2 North Meridian Street, Suite 700
Indianapolis, IN 46204
(317) 233-5600
Fax: (317) 233-5609
Reading Level: 5th grade
Language: English
Summary: This handout lists the food groups, serving sizes, and recommended number of servings per day for new mothers. Includes a list of foods rich in Vitamins A and C, and folic acid.

Eating Healthy Without Cooking

Format: Handout, 1995
Source: Central District Health Department
Attn: WIC Coordinator
707 Armstrong Place
Boise, ID 83709
(208) 375-5211
Fax: (208) 327-8500
Reading Level: 7th grade
Language: English
Summary: Provides eating tips from the five food groups, without cooking.

EFNEP Shelf Stable Low Cost Meals

Format: Brochure, 1997
Source: University of California Cooperative Extension
Kern County
Farm, Home & 4-H Advisors
1031 S. Mt. Vernon Ave
Bakersfield, CA 93307
(805) 868-6214
(805) 868-6208
Reading Level: 5th grade
Language: English
Summary: This brochure contains shopping tips, low-cost recipes, food safety and general housekeeping tips.

Feeding Your Baby With Love

Format: Booklet, 1994
Source: Twin Cities District Dietetic Association
1910 W. County Road B
Room 212
St. Paul, MN 55113-5448
(612) 628-9250
Fax: (612) 628-0023
Reading Level: 6th grade
Language: English
Summary: This booklet covers every aspect of feeding children from infancy through the toddler stage. It also has a section on breastfeeding.

Food Facts about HIV/AIDS

Format: Pamphlet, 1995
Source: Allegheny County Health Department
WIC Program
Investment Building, 21st Floor
239 Fourth Avenue
Pittsburgh, PA 15222
(412) 350-5773
Fax: (412) 350-4424
Reading Level: 7th grade
Language: English
Summary: Lists tips for healthy eating and how to deal with eating problems.

Good Nutrition for People with HIV

Format: Brochure, 1996 (Item #38133)
Source: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373-0200
(800) 628-7733
Fax: (413) 665-2671
Reading Level: 6th grade
Language: English
Summary: This easy-to-read booklet reviews nutritional concerns, managing HIV symptoms, food safety issues in the kitchen, and how to build a support network.

Iron

Format: Brochure, 1995
Source: Utah WIC Program
288 North 1460 West
Box 144470
Salt Lake City, UT 84114-4470
(801) 538-6960
Fax: (801) 538-6729
Reading Level: 6th grade
Language: English, Spanish
Summary: One page information sheet contains pictures of high iron foods plus good sources of Vitamin C.

Nutrition Education Materials - Massachusetts WIC Program, Nutrition Education Task Force

Format: Pamphlets, Single sheet, 1997
Source: Massachusetts WIC Program
Nutrition Education Task Force
250 Washington Street
6th Floor
Boston, MA 02108-4619
(617) 624-6100
Fax: (617) 624-6179
Reading Level: 7th grade
Language: English
Summary: Topics include "Preparing formula", "What Are You Feeding Your Baby", "Home-made Baby Food-Just Make It", "Relax", "Exercise", and "Fiber Fun".

Nutrition Education Materials in the Vietnamese Language

Format: Flipchart, Handouts, 1996
Source: University of California Cooperative Extension, Berkeley
Department of Nutritional Sciences
209 Morgan Hall
Berkeley, CA 94720-3104
(510) 642-5382
Fax: (510) 642-0535
Reading Level: 8th grade
Language: English, Vietnamese
Summary: These educational materials are presented in Vietnamese, English translations are also provided. Topics include: "Nutrition for a Healthy Mother and Baby", "Protein and Iron Rich Foods", "Calcium Rich Foods", "Fruits and Vegetables", and "Grains".

Living Well with HIV and AIDS: A Guide to Healthy Eating

Format: Brochure, 1993
Source: The American Dietetic Association
216 W. Jackson Blvd.
Chicago, IL 60606-6995
(800) 877-1600, ext. 5000
Fax: (312) 899-4899
Reading Level: 6th grade
Language: English
Summary: This booklet is for the patient and the caregiver. Provides information on healthy eating, including planning meals and snacks, and food safety issues, including proper selection and storage of food.

Nutrition Recommendations for Women

Format: Booklet, 1996
Source: Bureau of Nutrition and WIC
Iowa Department of Public Health
Lucas State Office Building
Des Moines, IA 50319-0075
(515) 281-4919
Fax: (515) 281-4913
Reading Level: 6th grade
Language: English
Summary: Recommendations for women including healthy body weight, regular exercise, low fat/low cholesterol foods, high fiber foods, adequate fluid intake, calcium-

rich foods, iron-rich foods, moderate sodium intake, alcohol intake, folate-rich foods, and vitamin and mineral supplements.

Nutrition and Your Health: Dietary Guidelines for Americans

Format: Booklet, 1995
Source: U.S. Department of Agriculture
For ordering:
Superintendent of Documents
Consumer Information Center
Department 378-C
Pueblo, CO 81009
Reading Level: 12th grade and above
Language: English
Summary: The Dietary Guidelines provide advice for healthy Americans age 2 years and over about food choices that promote health and prevent disease.

Second Hand Smoke: Poisons in the Air

Format: Single sheet, 1996
Source: Missouri Department of Health, Bureau of Nutrition Services and WIC
PO Box 570
Jefferson City, MO 65102-0570
(800) 392-8209
Fax: (573) 526-1470
Reading Level: 9th grade
Language: English
Summary: Explains the risks associated with secondhand smoke, especially for children.

You Can Protect Your Child From Lead Poisoning

Format: Brochure, 1993
Source: Iowa Department of Public Health
WIC Nutrition Services
Lucas State Office Bldg.
Des Moines, IA 50319-0075
(515) 281-5787
(800) 972-2026
Fax: (515) 281-4529
Reading Level: 6th grade
Language: English
Summary: This brochure lists sources of iron, Vitamin C, and calcium in foods. Provides suggestions for protection from lead poisoning.

Vitamin C

Format: Brochure, 1995
Source: Utah WIC Program
288 North 1460 West
Box 144470
Salt Lake City, UT 84114-4470
(801) 538-6960
Fax: (801) 538-6729
Reading Level: 10th grade
Language: English, Spanish
Summary: One page flyer that answers common questions about Vitamin C and gives food sources.

PREGNANCY

Daily Food Guide - Pregnant Women

Format: Single sheet, 1994
Source: Indiana WIC Program
Indiana Department of Health
2 North Meridian Street, Suite 700
Indianapolis, IN 46204
(317) 233-5600
Fax: (317) 233-5609
Reading Level: 5th grade
Language: English
Summary: This single sheets lists the food groups, servings sizes, and recommended number of servings per day for pregnant women. Includes examples of foods rich in Vitamins A and C, and folic acid.

Folic Acid: Good News for Women and Babies

Format: Single sheet, 1994
Source: For single copies:
March of Dimes Headquarters
1275 Mamaroneck Ave
White Plains, NY 10605
(914) 997-4750
Fax: (914) 997-4763
For multiple copies:
March of Dimes Birth Defects Foundation

P.O. Box 1657
Wilkes-Barre, PA 18703
(800) 367-6630
Fax: (717) 825-1987

Reading Level: 12th grade and above
Language: English, Spanish
Summary: This single sheet defines folic acid, explains why it is important for pregnant women, and how much is needed per day.

Having a Baby? You Need More Iron

Format: Brochure, 1992 (English); 1994 (Spanish)
Source: Maternal and Infant Health
Philadelphia Dept. Of Public Health
500 South Broad Street, Second Floor
Philadelphia, PA 19146
(215) 685-6825
Fax: (215) 685-6806
Reading Level: 5th grade
Language: English, Spanish
Summary: Lists foods high in iron and briefly describes why iron is needed.

Healthy Foods, Healthy Baby

Format: Booklet, 1998
Source: Philadelphia Department of Public Health
Office of Maternal & Child Health
500 South Broad Street, Second Floor
Philadelphia, PA 19146
(215) 685-6837
Fax: (215) 685-6806
Reading Level: 5th grade
Language: English, Spanish
Summary: This booklet follows two pregnant teens through their pregnancies. Provides healthy tips.

What to Eat When You are Pregnant

Format: Brochure, 1995
Source: Utah WIC Program
288 North 1460 West
Box 144470
Salt Lake City, UT 84114-4470

(801) 538-6960
Fax: (801) 538-6729
Reading Level: 9th grade
Language: English
Summary: Provides examples of serving sizes and foods from each of the five food groups. Discusses weight gain during pregnancy.

BREASTFEEDING

Breastfeeding: A Special Gift for Your Baby

Format: Booklet, 1996
Source: Missouri Department of Health, Bureau of Nutrition Services & WIC
P.O. Box 570
Jefferson City, MO 65102-0570
(573) 751-6204
(800) 392-8209
Fax: (573) 526-1470
Reading Level: 6th grade
Language: English
Summary: This booklet answers some common questions about breastfeeding, reviews breastfeeding basics, and expressing and storing breastmilk.

Daily Food Guide - Breastfeeding Women

Format: Single sheet, 1994
Source: Indiana WIC Program
Indiana State Department of Health
2 North Meridian Street, Suite 700
Indianapolis, IN 46204
(317) 233-5600
Fax: (317) 233-5609
Reading Level: 5th grade
Language: English
Summary: This single sheet lists the food groups, serving sizes, and recommended number of servings per day for breastfeeding women. Includes lists of foods rich in Vitamins A and C, and folic acid.

I'm Breastfeeding, What Should I Eat?

Format: Booklet, 1995
Source: Utah WIC Program

288 North 1460 West
Box 144470
Salt Lake City, UT 84114-4470
(801) 538-6960
Fax: (801) 538-6729

Reading Level: 5th grade
Language: English
Summary: Reviews healthy eating for breastfeeding women. Includes questions about maintaining milk supply, fluids, and serving sizes from each of the food groups.

Breastfeeding Tips & Food Guide

Format: Brochure, 1998
Source: Maine WIC Program
Department of Human Services
State House Station 11
Augusta, ME 04333-0011
(207) 287-5341
Fax: (207) 287-3991
Reading Level: 4th grade
Language: English
Summary: This color brochure reviews breastfeeding tips and the food guide pyramid.

INFANT FEEDING

Beverages for Baby

Format: Brochure, 1994
Source: WIC Program
Allegheny County Health Department
Investment Building, 1st Floor
235 Fourth Avenue
Pittsburgh, PA 15222
(412) 350-5800
Fax: (412) 350-4424
Reading Level: 10th grade
Summary: Describes beverages appropriate to give babies between feedings, from 6 months to one year, and what to give to a sick baby.

Finger Foods

Format: Single sheet, 1992
Source: Lake County Health Dept.
WIC Program
2303 Dodge Ave
Waukegan, IL 60085
(847) 360-6781
Fax: (847) 360-2921
Reading Level: N/A - list of foods
Language: English, Spanish
Summary: Lists finger foods to offer children ages 6-15 months. English is on one side, Spanish on the other.

First Foods for Your Baby Birth to 6 Months

Format: Brochure, 1993
Source: Pennsylvania Dept. of Health
WIC Program
P.O. Box 90, Room 604, Health and Welfare Bldg.
Harrisburg, PA 17108-0090
(717) 783-1289
Fax: (717) 772-0323
Reading Level: 5h grade
Language: English
Summary: Describes appropriate feeding for babies birth to 6 months. Includes how to prepare infant cereal and baby safety tips.

Foods for Your Baby 7 to 12 Months

Format: Brochure, 1993
Source: Pennsylvania Dept. of Health
WIC Program
P. O. Box 90, Room 604, Health and Welfare Bldg.
Harrisburg, PA 17108-0090
(717) 783-1289
Fax: (717) 772-0323
Reading Level: 5th grade
Language: English
Summary: Describes appropriate feeding for baby ages 7 to 12 months. Includes tips for weaning baby from the bottle.

Food for _____ First Year

Format: Brochure, 1993
Source: Maine State WIC Program
Dept. of Human Services
State House Station #11
Augusta, ME 04333
(207) 287-5341
Fax: (207) 287-5355
Reading Level: 8th grade
Language: English
Summary: Describes appropriate feeding for birth to 4 months, 4-6 months, 6-9 months, and 9-12 months.

Your Older Baby

Format: Single Sheet, 1995
Source: Massachusetts WIC Program
Nutrition Education Task Force
250 Washington Street
6th Floor
Boston, MA 02108-4619
(617) 624-6100
Fax: (617) 624-6179
Reading Level: 4th grade
Language: English, Spanish, Portuguese, Vietnamese
Summary: Lists foods for the 9 to 11 month old baby and iron-rich foods. Also provides sample meals.

FEEDING THE YOUNG CHILD

Feeding Toddlers

Format: Single Sheet, 1996
Source: Massachusetts WIC Program
Multicultural Task Force
250 Washington Street
6th Floor
Boston, MA 02108-4619
(617) 624-6100
Fax: (617) 624-6179

Reading Level: 4th grade
Language: English, Spanish, Portuguese, French, Chinese
Summary: Reviews appropriate milk intake and food choices for the young child.

Lead: Nutrition Facts for Children (#131)

Format: Brochure, 1993
Source: Massachusetts WIC Program
Dept. of Public Health
250 Washington Street
Boston, MA 02108
(617) 624-6100
Fax: (617) 624-6179
Reading Level: 5th grade
Language: English
Summary: Discusses exposure to lead, harmful effects of lead poisoning, foods rich in iron and calcium and tips to protect the young child from lead poisoning.

Tips for Feeding Young Children Ages 1-2

Format: Brochure, 1995
Source: Allegheny County Health Department
Investment Building, 1st Floor
235 Fourth Avenue
Pittsburgh, PA 15222
(412) 350-5800
Fax: (412) 350-4424
Reading Level: 7th grade
Language: English
Summary: Provides tips for mealtimes, portion sizes, and good eating habits.

Tips for Feeding Young Children Ages 2-5

Format: Brochure, 1995
Source: Allegheny County Health Department
Investment Building, 1st Floor
235 Fourth Avenue
Pittsburgh, PA 15222
(412) 350-5800
Fax: (412) 350-4424
Reading Level: 6th grade
Language: English
Summary: Provides tips for feeding children and teaching good eating habits.

ELDERLY

Healthy Eating for a Healthy Life

Format: Brochure, 1994 (Stock # D 15565)
Source: AARP - Fulfillment
601 E Street, N.W.
Washington, D.C. 20049
9202) 434-2230
Fax: (202) 434-2277
Reading Level: 5th grade
Language: English
Summary: This booklet provides information on the basics of good nutrition. It reviews the Dietary Guidelines for Americans and the Food Guide Pyramid, how to use the new food labels, weight problems, and special dietary concerns.

Staying Strong for Men Over Fifty - A Common Sense Health Guide

Format: Brochure, 1994 (Stock # D 15296)
Source: AARP - Fulfillment
601 E Street, N.W.
Washington, D.C. 20049
(202) 434-2230
Fax: (202) 434-2277
Reading Level: 7th grade
Language: English
Summary: This health guide for men over age 50 provides information on maintaining a healthy lifestyle and addresses specific health conditions common to older men.

MEAL PLANNING AND FOOD BUYING

Commodity Cooking for Good Health

Format: Book, 1995
Source: Food Distribution Program
550 Kearny Street
San Francisco, CA 94108-2518
(415) 705-1342
Fax: (415) 705-1364
Reading Level: 9th grade

Language: English
Summary: A collection of recipes especially geared for people who receive commodity foods from the Food Distribution Program on Indian Reservations. Includes recipes analyzed and determined to meet the Dietary Guidelines. Also provides information on the Food Guide Pyramid and how commodities fit in the structure.

EFNEP: Family Recipes

Format: Booklet, 1995
Source: Expanded Food and Nutrition Education Program (EFNEP)
University of California Cooperative Extension
1720 S. Maple Avenue
Fresno, CA 93702-4516
(209) 456-7285
Fax: (209) 456-7575
Reading Level: 12th grade
Language: English
Summary: The Expanded Food and Nutrition Education Program (EFNEP) provides free nutrition instruction to low-income families. This booklet contains recipes used in Fresno County EFNEP and an explanation of the Nutrition Facts Food Label.

Fast and Flexible Low Cost Recipes for a Family or Fifty

Format: Book, 1996
Source: Purdue University Cooperative Extension Service
School of Consumer and Family Sciences, Department of Foods and Nutrition
Reading Level: 10th grade
Language: English
Summary: The recipes in this cookbook provide a basis for creating fast, low-cost meals. Each recipe card presents the same recipe for a family on the front and for 50 on the back. Most cards include suggestions for altering the recipe if all ingredients are not on hand. The servings and nutrition information are based on USDA serving size recommendations. Includes recipes for soups, meats, salads, vegetables, breakfast, and desserts.

Guide to Daily Food Choices

Format: Poster, cards, booklet, 1997
Source: Michigan State University Extension
Food and Nutrition

202 Wills House
East Lansing, MI 48824-1050
(517) 353-9102
Fax: (517) 353-4846

Reading Level: N/A
Language: English
Summary: This Food Guide Pyramid includes pictures of canned commodity food items. Cards are colored pictures of commodity foods with nutrient information on the back.

Making a Pyramid Shopping List

Format: Brochure, 1996
Source: Expanded Food and Nutrition Education Program (EFNEP)
Cooperative Extension Service
University of Hawaii at Manoa
3050 Maile Way
Honolulu, HI 96822
(808) 956-8161
Fax: (808) 956-3842

Reading Level: 5th grade
Language: English
Summary: This brochure has an empty Food Guide Pyramid to be used as a food inventory. Provides examples of low cost foods that keep well.

Pyramid Power Food Drive

Format: Single sheet, 1992
Source: Pennsylvania Dietetic Association
(See full-text in Appendix)
Reading Level: N/A - list of foods
Language: English
Summary: This one page handout lists canned and shelf stable foods for each group in the Food Guide Pyramid.

FOOD SAFETY AND SANITATION

Cleaning on a Shoestring

Format: Videocassette, 1995
Source: Michigan State University Extension
Food and Nutrition Education Program

202 Wills House
East Lansing, MI 48824-1050
(517) 353-9102
Fax: (517) 353-4846

Reading Level: N/A

Language: English

Summary: This 12 minute video looks at ways to protect the family's health and prevent food spoilage. Shows how to make cleaning products using ordinary materials and looks at the jobs these products can do. Demonstrates dishwashing techniques, methods for cleaning household appliances, and how to perform other household chores.

Don't Get Bugged By a Foodborne Illness

Format: Kit, 1996

Source: University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, NE 68528-1507
(402) 441-7180
Fax: (402) 441-7148

Reading Level: 8th grade

Language: English

Summary: Packet contains a "bingo" version to use with groups in any setting and a "quiz bowl" version for health fairs, school fairs or clinics. All materials are reproduction-ready and suitable for ages 12 and up. Flexibility is built in so you can adapt and update materials as desired.

The Food Keeper

Format: Brochure, 1996

Source: Food Marketing Institute
800 Connecticut Ave., N.W.
Suite 500
Washington, D.C. 20006
(202) 452-8444
Fax: (202) 429-4529

Reading Level: 12th grade

Language: English

Summary: Lists tips for refrigerator and freezer storage, pantry or dry storage, and foods that need special care. Opens up into a chart of food storage times and special handling procedures.

SECTION II:

RESOURCES FOR STAFF AND VOLUNTEERS

Charting the Course for Evaluation: How Do We Measure the Success of Nutrition Education and Promotion in Food Assistance Programs?

Format: Summary of Proceedings, 1997
Source: Food and Nutrition Service
United States Department of Agriculture
3101 Park Center Drive
Alexandria, VA 22302
(703) 305-2126
Fax: (703) 305-2576
Reading Level: College
Language: English
Summary: This is a summary of proceedings from a conference sponsored by the Food and Nutrition Service in 1995. The focus of the conference was state-of-the-art evaluation of nutrition education/promotion efforts. Proceedings include an overview that synthesizes all the speaker's remarks into four major themes as well as each speaker's presentation.

The D.C. Central Kitchen and Cornell University Food Service Training Manual

Format: Manual, 1993
Source: Foodchain - The Network of Prepared and Perishable Food Rescue Programs
912 Baltimore, Suite 300
Kansas City, MO 64105
(816) 842-6006
(800) 845-3008
Fax: (816) 842-5145
Reading Level: 11th grade
Language: English
Summary: This training manual contains seven chapters, starting with basic hygiene and sanitation and ending with food preparation techniques. Also includes information on life skills, the job search and interviews.

Determine Your Nutritional Health

Format: Single sheet, 1992
Source: Nutrition Screening Initiative
1010 Wisconsin Ave, N.W.
Suite 800
Washington, D.C. 20007
(202) 625-1662
Fax: (202) 338-2334
Reading Level: 8th grade

Language: English, Spanish
Summary: The one page screening tool checks for the warning signs of poor nutrition. Useful for determining who is at nutritional risk.

Eating Right is Basic (Third Edition)

Format: Kit, 1995
Source: Michigan State University Extension
202 Wills House
East Lansing, MI 48824-1050
(517) 353-9102
Fax: (517) 353-4846
Reading Level: 8th grade
Language: English
Summary: These easy-to-use lessons incorporate the Food Guide Pyramid; understanding food labels; menu planning; getting the most out of food dollars; food safety; breakfast; nutrition during pregnancy; infant nutrition; and eating right.

Fighting Hunger With Prepared and Perishable Food - A Technical Assistance Manual

Format: Manual, 1996
Source: Foodchain - The Network of Prepared and Perishable Food Rescue Programs
912 Baltimore, Suite 300
Kansas City, MO 64105
(816) 842-6006
(800) 845-3008
Fax: (816) 842-5145
Reading Level: 12th grade
Language: English
Summary: This manual was designed to assist in developing and operating a Prepared and Perishable Food Rescue Program (PPFRP). Highlights experiences of practicing PPFRPs and options used by established programs.

Food Bag Bulletin News About Special Diets For Food Banks

Format: Newsletter, 1994
Source: Washington State University Cooperative Extension
Attn: Nutrition Specialist
7612 Pioneer Way East
Puyallup, WA 98371
(206) 840-4553
Fax: (206) 840-4669
Reading Level: 7th grade

Language: English
Summary: This newsletter contains information about “no-cook” food bags.
Includes a list of foods for people without cooking facilities.

FoodWise

Format: Newsletter, 1994
Source: Alameda County Community Food Bank
10901 Russet Street
Oakland, CA 94603
(510) 568-3663
Fax: (510) 568-3895
Reading Level: 9th grade
Language: English
Summary: This issue of the newsletter contains information on what foods are best for the homeless, perishable items that can be stored at room temperature, and foods and meals that do not require cooking.

Food Donation: A Restaurateur’s Guide

Format: Booklet, 1997
Source: National Restaurant Association
1200 Seventeenth Street, N.W.
Washington, D.C. 20036
(202) 973-5375
(800) 424-5156
Reading Level: College
Language: English
Summary: This guide details how and what food can be donated, means for ensuring food safety, selecting a recipient program, and ways to publicize donations. A state-by-state listing of local hunger organizations is also provided.

Food for Me: Citizen Action Fact Sheets for Community Food Recovery

Format: Fact sheets, 1998
Source: University of Maine Cooperative Extension
5717 Corbett Hall
Orono, ME 04469-5717
(207) 581-3110
Reading Level: 10th grade
Language: English
Summary: A series of fact sheets to help people donate food to pantries and food banks. See full-text in Appendix A.

Food Guide Pyramid Poster

Format: Poster, 1992 (#MP-1503)
Source: U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
1120 20th Street, N.W.
Suite 200 North
Washington, D.C. 20036
(202) 208-2417
Fax: (202) 208-2321
Reading Level: 9th grade
Language: English
Summary: This poster depicts the Food Guide Pyramid with serving sizes for each of the five food groups.

Food Handling is a Risky Business

Format: Kit, 1992
Source: University of Massachusetts Cooperative Extension
202 Chenoweth Laboratory
Amherst, MA 01003
(413) 545-0552
Fax: (414) 545-1074
Reading Level: 10th grade
Language: English, Spanish
Summary: This is a train-the-trainer curriculum designed to train key staff in human service agencies who in turn will teach a food safety program to other staff and clients. The objective is to increase knowledge and adoption of recommended safe food handling practices of professional and non-professional staff in agencies who care for high-risk populations. The program includes information specific to vulnerable groups, food handling, regulations (specific to Massachusetts), methods for teaching, and evaluation/administrative materials. The program is intended for food service workers in day care centers, family day care, shelters, resident homes, congregate meal sites, school food service, and soup kitchens. The curriculum is divided into three 20-45 minute lessons.

Food Safety: An Educational Video for Institutional Food Service Workers

Format: Video, 1996
Source: U.S. Department of Health and Human Services
Reading Level: N/A
Summary: Discusses the role of the food service worker in preventing foodborne illness.

Also discusses the role that salmonella, staphylococcus, and e-coli play in causing foodborne illness and precautions that should be taken to prevent infection.

Food Safety for Older Adults

Format: Lesson series, 1997
Source: University of Arkansas Cooperative Extension Service
P.O. Box 391
Little Rock, AR 72203
(501) 671-2108
Fax: (501) 671-2294
Reading Level: 10th grade
Language: English
Summary: Contains information, teaching aids, and suggested activities dealing with the following topics: food safety at the grocery store; storing food safely; the importance of cleanliness; the importance of cooking foods thoroughly; serving foods safely; and safe food handling on special occasions when people gather and food is served.

Food Safety Posters

Format: Posters, 1996
Source: Food Marketing Institute
Publications Sales
800 Connecticut Ave, N.W., Suite 500
Washington, D.C. 20006-2701
(202) 429-8298
Fax: (202) 429-4529
Reading Level: N/A
Language: English
Summary: Poster categories are personal hygiene, cross-contamination, temperature danger zones, and safe cooling and reheating.

Forming a Network of Food Assistance Providers: A “How To” Guide

Format: Guide, 1996
Source: San Bernardino County Department of Public Health Nutrition Program
351 North Mt. View, Room 104
San Bernardino, CA 92415-0010
(909) 367-6337
Fax: (909) 387-6899
Reading Level: College

Language: English
Summary: This how-to guide outlines the four steps involved in forming a network of food providers.

Guidelines for Food Distribution Centers

Format: Manual, 1995
Source: ASI Food Safety Consultants
7625 Page Boulevard
St. Louis, MI 63133
(800) 477-0778
Fax: (314) 727-2563
Reading Level: College
Language: English
Summary: These guidelines are a combination of the Good Manufacturing Practices, Hazard Analysis Critical Control Points, and experience. They were devised to enable food distribution centers to set up preventive programs designed to stop problems from happening as well as to identify problems that currently exist. These guidelines and gradings are divided into five sections to enable management to focus on the areas in which improvement is most needed. These sections are: evaluation of existence of food safety programs; pest control; operational methods and personnel practices; maintenance and repair; and cleaning programs.

Healthy Kitchen - La Cocina Saludable

Format: Kit, 1995
Source: Colorado State University
Cooperative Extension Resource Center
115 General Services Building
Fort Collins, CO 80523-4061
(970) 491-6198
Fax: (470) 491-2961
Reading Level: 7th grade
Language: English, Spanish
Summary: Nutrition program designed to teach nutrition to parents who are eligible for WIC benefits; Hispanic and migrant farm workers' EFNEP participants; and low-income households. The program was designed and researched using Abuelas (Hispanic grandmothers) as educators.

Keeping Older Americans Healthy at Home: Guidelines for Nutrition Programs in Home Health Care

Format: Manual, 1996
Source: Nutrition Screening Initiative
1010 Wisconsin Avenue, N.W.
Suite 800
Washington, D.C. 20007
(202) 625-1662
Fax: (202)338-2334
Reading Level: College
Language: English
Summary: This manual was developed to help health care professionals in home care provide nutrition care consistent with standards of the Joint Commission on Accreditation of Healthcare Organizations. Features of the manual include a strong base of scientific evidence that supports the benefits of nutrition care; general guidelines on how to set up a nutrition screening and interventions program and how to integrate it into current programs; a focus on nutrition care of elderly clients; brief summaries of and lessons from nutrition care programs already implemented by home care agencies across the country; and general guidance on how to screen, intervene, and train medical and allied staff to carry out these tasks, as well as steps to evaluate and market nutrition care programs.

Ken McKan the Food Safety Man

Format: Videocassettes, 1997
Source: Purdue University Cooperative Extension Service
1264 Stone Hall
West Lafayette, IN 47904-1264
(765) 494-8539
Fax: (765) 494-0674
Reading Level: N/A
Language: English
Summary: Originally designed for emergency feeding programs, the Ken McKan series consists of four videos - handwashing, time and temperature control, evaluating incoming foods, and nutrition. Each tape is 6-8 minutes long.

Martha's Kitchen Cookbook

Format: Book, 1992
Source: Central Texas Dietetic Association
P.O. Box 2585
Temple, TX 76503

(817) 724-2281
Fax: (817) 724-5724

Reading Level: 8th grade
Language: English
Summary: Contains recipes and menus developed for a local soup kitchen/shelter. Designed to provide nutritious meals while minimizing waste. Also contains information on kitchen safety rules, first aid in household emergencies, weights, measures, abbreviations, food quantities for 25, 50, and 100 servings, food storage, etc.

Meeting the Food Safety Needs of Bilingual and Low Literacy Youths

Format: Kit, 1995
Source: Purdue University Cooperative Extension Service
1264 Stone Hall
West Lafayette, IN 47904-1264
(765) 494-8539
Fax: (765) 494-0674
Reading Level: 7th grade
Language: English, Spanish
Summary: Teaches children that bacteria on food can make them sick; that bacteria are everywhere; and that steps must be taken to keep food safe.

A Model Food Safety Program for "Low Literacy" Food Handlers - "Microbe Man"

Format: 4 videotapes, 1994
Source: University of Tennessee Institute of Agriculture
Agricultural Extension Service
P.O. Box 1071
Knoxville, TN 37901-1071
(423) 974-7399
Fax: (423) 974-7448
Reading Level: N/A
Language: English
Summary: Program consists of four easy to comprehend single-concept videos: 1. The Case of "La Grande Burgere" (E. Coli in hamburgers), 2. The Case of Conrad the Egg-Head, 3. The Case of Wally's Salad, 4. The Case of the Perfect Pig.

Mother Nature's Choice

Format: Poster, 1992
Source: Chickasaw Nation WIC Program
Box 1548

Ada, OK 74820
(405) 436-7280
Fax: (405) 436-4287

Reading Level: N/A
Language: English
Summary: Poster depicting a young mother modestly breastfeeding.

Multicultural Pyramid Packet

Format: Packet, 1996
Source: Penn State Nutrition Center
Pennsylvania State University
417 East Calder Way
University Park, PA 16801-5663
(814) 865-6323
Fax: (814) 865-5870
Reading Level: N/A
Language: English
Summary: This packet consists of eight different cultural Food Guide Pyramids, historic backgrounds on each country represented, culturally appropriate counseling tips, and the Asian and Mediterranean Diet Pyramid Models. This can serve several different purposes, from teaching cultural foods to counseling clients from culturally diverse backgrounds.

Natural Bonding

Format: Poster, 1992
Source: Chickasaw Nation WIC Program
Box 1548
Ada, OK 74820
(405) 436-7280
Fax: (405) 436-4287
Reading Level: N/A
Language: English
Summary: Poster showing mother and child embraced. Promotes breastfeeding.

Safe Food Handling for Occasional Quantity Cooks

Format: Curriculum, 1994
Source: Ohio State University Extension Service
385 Kottman Hall
2021 Coffey Road
Columbus, OH 43210-1044

(614) 292-0827
Fax: (614) 292-7536

Reading Level: N/A

Language: English

Summary: A comprehensive curriculum developed to teach volunteer foodservice workers. Addresses practices and responsibilities of foodservice workers using a critical thinking approach and HACCP. Topics include planning and purchasing, storing food supplies, preparing food, transporting-storing-and serving cooked food, and handling leftovers.

Safe Food for the Hungry II--Videoconference Workshop

Format: Curriculum, 1995

Source: Purdue University Cooperative Extension Service
301 South 2nd Street
Lafayette, IN 47901-1232
(317) 494-6794
Fax: (317) 496-1540

Reading Level: N/A

Language: English

Summary: This videoconference provides not-for-profit assistance organizations with general background information about food safety, nutrition, and volunteer management. Curriculum includes a videotape of the conference (3 hours), site materials including lesson plans for 9 different activities, participant's workbook, posters, and the "Safe Food Safari" board game. Also available are three shorter subject matter tapes taken from the original conference.

Serve it Safely to Seniors: Safe Food Handling in Elderly Feeding Programs: Curriculum for Food Handlers, Transportation Personnel and Congregate Meal Site Managers

Format: Manual, 1994

Source: University of Connecticut Cooperative Extension
43 Marne Street
Hamden, CT 06514
(203) 789-7865
Fax: (203) 789-6461

Reading Level: 7th grade

Language: English

Summary: Provides food handlers, those who transport food, and home delivered meal recipients with the information needed to prevent food related illness. The modules allow for flexibility of training.

S.T.R.E.T.C.H. (Safety Training, Resources, and Education to Combat Hunger)

Format: Curriculum, 1996
Source: Purdue University Cooperative Extension Service
1264 Stone Hall
West Lafayette, IN 47904-1264
(765) 494-8539
(765) 494-0674
Reading Level: N/A
Language: English
Summary: Designed to assist not-for-profit food assistance organizations in evaluating their programs. Addresses food safety, nutrition, and volunteer management. The S.T.R.E.T.C.H. program developed a self-evaluation tool which can be self-administered, or utilized with the aid of an Extension professional.

Understanding Prepared Foods

Format: Workbook and video, 1992
Source: The Chef & The Child Foundation, Inc./American Culinary Federation
P.O. Box 3466
St. Augustine, FL 32085
(904) 824-4468, Ext. 104
(800) 624-9458, Ext. 104
Fax: (904) 825-4758
Reading Level: 10th grade
Summary: This safe food handling program contains a workbook for group or individual training and a video. This program was developed for prepared food programs and community service agencies who utilize prepared or perishable foods.

Understanding the Food Choices of Low Income Families

Format: Report, 1997
Source: Food and Nutrition Service
United States Department of Agriculture
3101 Park Center Drive
Alexandria, VA 22302
(703) 305-2126
Fax: (703) 305-2576
Reading Level: College
Summary: This report presents results from consumer research based on an analysis of survey data on food expenditures, food and nutrient consumption, knowledge about diet and health, and focus group research on attitudes, beliefs and perception of Food Stamp Program participants.

We Wish You Well

Format: Packet, 1995
Source: Oregon State University Extension Service
Oregon State University
162 Milam Hall
Corvallis, OR 97331-5106
(541) 737-3211
Fax: (541) 737-0999
Reading Level: 6th grade
Language: English
Summary: This food safety education program has a set of visuals (for use as “flip charts” or transparencies), poster, and guide for distribution of educational materials.

CONTACTS FOR ASSISTANCE

Bread for the World
1100 Wayne Ave, Suite 1000
Silver Spring, MD 20910
(301) 608-2400
Fax: (301) 608-2401
E-mail: bread@bread.org
Web site: <http://www.bread.org>

CDC National Prevention Information Network
P.O. Box 6003
Rockville, MD 20849-6003
(800) 458-5231
(800) 243-7012 (TTY)
Fax: (888) 282-7681
E-mail: info@cdcnpin.org
Web site: <http://www.cdcnpin.org>

Center on Hunger, Poverty and Nutrition Policy
Tufts University School of Nutrition Science and Policy
Medford, MA 02155
(617) 627-3956
Fax: (617) 627-3020
E-mail: Kstevens@infonet.tufts.edu

The Chef & The Child Foundation, Inc.
The American Culinary Federation, Inc.
10 San Bartola Drive
S. Augustine, FL 32086
(904) 824-4468
Fax: (904) 825-4758
E-mail: acf@aug.com
Web site: <http://www.thomson.com/partners/acf/ccf.html>

Foodchain - The National Food- Rescue Network
912 Baltimore, Suite 300
Kansas City, MO 64105
(816) 842-6006
(800) 845-3008
Fax: (816) 842-5145
E-mail: rescuefood@aol.com
Web site: <http://www.foodchain.org>

Food Research and Action Center
1875 Connecticut Ave, N.W.
Suite 540
Washington, D.C. 20009
(202) 986-2200
Fax: (202) 986-2525
E-mail: hn0050@handsnet.org

Food Safety and Inspection Service
FSIS Food Safety Education and Communications Staff
U.S. Department of Agriculture
Room 1180-South Building
Washington, D.C. 20250
(202) 720-9352
Fax: (202) 720-9063
E-mail: webmaster@usda.gov
Web site: <http://www.usda.gov/agency/fsis/>

Institute for Family Living
8601 Manchester Road
Silver Spring, MD 20901
(301) 587-2795
Fax: (301) 589-8921
E-mail: ifl@radix.net
Web site: <http://www.radix.net/~ifl/>

Interagency Council on the Homeless
451 Seventh Street, SW, Suite 7274
Washington, D.C. 20410
(202) 708-1480
Fax: (202) 708-3672

National Alliance to End Homelessness
1518 K Street, N.W.
Suite 206
Washington, D.C. 20005
(202) 638-1526
Fax: (202) 638-4664
E-mail: naeh@naeh.org

National Coalition for the Homeless
1012 14th Street, N.W.
Suite 600

Washington, D.C. 20005-3410
(202) 737-6444
Fax: (202) 737-6445
E-mail: nch@ari.net
Web site: <http://nch.ari.net>

National Hunger and Poverty Resource Guide
World Hunger Year
505 Eighth Avenue, 21st Floor
New York, NY 10018-6582
(212) 629-8850
Fax: (212) 465-9274
Web site: <http://www.iglou.com/why/resource/index.shtml>

National Resource Center on Homelessness and Mental Illness
Policy Research Associates, Inc.
262 Delaware Avenue
Delmar, NY 12054
(800) 444-7415
Fax: (518) 439-7612
E-mail: nrc@prainc.com
Web site: <http://www.prainc.com/nrc>

Second Harvest
116 South Michigan Ave
Suite 4
Chicago, IL 60603-6001
(312) 263-2303
Fax: (312) 263-5626
Web site: <http://www.secondharvest.org>

Share Our Strength
1511 K Street, N.W.
Suite 940
Washington, D.C. 20005
(202) 393-2925
Fax: (202) 347-5868
E-mail: info@strength.org
Web site: <http://strength.org/>

USDA/FDA Foodborne Illness Education Information Center
c/o Food and Nutrition Information Center
NAL/USDA/ARS
10301 Baltimore Ave, Room 304
Beltsville, MD 20705-2351
(301) 504-5719
Fax: (301) 504-6409
E-mail: croberts@nal.usda.gov
Web site: <http://www.nal.usda.gov/fnic/foodborne/foodborn.htm>

World Hunger Year (WHY)
505 Eighth Avenue
21st Floor
New York, N.Y. 10018-6582
(212) 629-8850
(800) 5-HUNGRY
Fax: (212) 465-9274
E-mail: WHYRIA@AOL.COM
Web site: <http://www.iglou.com/why>

USDA Gleaning and Food Recovery
(703) 305-2283
(800) Glean It
E-mail: joel_berg@fcs.usda.gov
Web site: <http://www.usda.gov/fcs/glean.htm>

INTERNET RESOURCES

Asian Diet Pyramid

Oldways Preservation & Exchange Trust/Harvard School of Public Health

http://www.oldwayspt.org/html/p_asian.htm

Asian Food Guide Pyramid

Cornell University

<http://www.news.cornell.edu/science/Dec95/st.asian.pyramid.html>

A Citizen's Guide to Food Recovery

United States Department of Agriculture

<http://www.usda.gov/news/pubs/gleaning/content.htm>

Easy to Read: Food and Nutrition

University of Wisconsin Cooperative Extension Publications

<http://www.uwex.edu/ces/pubs/easyfoodcat.html>

Food Safety at Home, School and When Eating Out

An Activity Book for You to Color

USDA/Food Safety and Inspection Service

The Chef & The Child Foundation

FDA/Center for Food Safety & Applied Nutrition

<http://vm.cfsan.fda.gov/~dms/cbook.html>

Hunger Web

http://www.brown.edu/Departments/World_Hunger_Program/

Hunger Homepage

Michigan State University Extension

<http://www.msue.msu.edu/fnh/hunger/>

Iowa State University Extension

Extension Publications

<http://www.exnet.iastate.edu/Pages/pubs/Food.html>

Latin American Diet Pyramid

Oldways Preservation & Exchange Trust/Harvard School of Public Health

http://www.oldwayspt.org/html/p_latin.htm

Minority Health Resource Pocket Guide

Office of Minority Health Resource Center

<http://www.omhrc.gov/pocket/pocket.htm>

Multi-lingual Health Education Booklets
Multi-Cultural Educational Services
<http://www.pro-ns.net/~larue>

The National Food Safety Database
<http://www.agen.ufl.edu/~foodsaf/foodsaf.html>

Puerto Rican Food Guide Pyramid
University of Connecticut Family Nutrition Program and the Hispanic Health Council
<http://www.hispanichealth.com/pyramid.htm>

Safe Food: It's Your Job, Too!
Iowa State University Extension
<http://www.exnet.iastate.edu/Pages/families/fs/Lesson/Lessonfs.html>

The UN Food and Agriculture Organization
<http://www.fao.org/>

USDA National Hunger Clearinghouse (via World Hunger Year)
<http://www.iglou.com/why/usda/>

When You Work Curriculum Sourcebook
University of Wisconsin Cooperative Extension
<http://www.uwex.edu/ces/flp/wywork>

Working with Low Income Audiences
Oregon State University Extension Home Economics
<http://osu.orst.edu/dept/ehe/lowincome.html>

APPENDIX A

FOOD FOR ME: CITIZEN ACTION FACT SHEETS FOR COMMUNITY FOOD RECOVERY



Food for ME

A Citizen Action Fact Sheet for Community Food Recovery

Bulletin #4300



UNIVERSITY OF
MAINE
Cooperative Extension

Organizing Your Community Garden

This fact sheet in the “Food for ME” series includes suggestions on how to set up a community garden project, recruit volunteers and establish a garden plot.

Plan Ahead with Purpose

Community gardens can address people's needs in many different ways. To be effective, start by getting support of many people who share a similar goal and purpose for the garden. It is best to find a sponsor organization or agency, such as a public housing department, a church or the University of Maine Cooperative Extension.

Individual Family Garden Plots

Garden plots can be set up for people who want to grow their own food but do not have a suitable site. To be successful with family garden plots, make sure the participants understand what responsibilities they have. What tasks can be delegated to the land owner, an overseer or rotated among all the participants? For example, tools and equipment might be shared and kept in a central place; watering may be scheduled so a central sprinkler or shared hoses can be used. Guidelines for planting, weeding and pest management methods should be set-up ahead of time. Gardeners might also discuss their plans with each other so abutting plants will complement and not compete with one another for sun, water or space.

Community Gardens to Support a Food Pantry, Shelter or Vegetable Stand

Fertile land may be set aside for volunteers to grow food for a community soup kitchen, food pantry, homeless shelter or vegetable stand (where proceeds benefit a group or cause).

There are many tasks and responsibilities involved in a volunteer effort to plant, manage and harvest produce. Knowledge, skills, availability, flexibility and commitment are important considerations.

It helps to have one person, a coordinator, in charge of the overall effort. He or she will develop a schedule with daily, weekly and seasonal tasks, determine what resources are needed and how they will be obtained, and keep track of tasks. Small group leaders can be helpful if many people are working together. Leader roles might include directing volunteers parking, providing water or cool beverages for volunteers, arranging for bathrooms access or documenting the group's progress.

Recruiting and Screening Volunteers

Develop a job description and list of potential tasks before you recruit volunteers. The more tasks and people you involve, the greater the support and chance for success. Use both written and verbal methods to let people know about the need, when, how long and for what tasks they can volunteer.

What's Food Recovery?

Food recovery is the collection of wholesome food for distribution to the poor and hungry. The four most common methods for food recovery are:

1. **Field gleaning:** The collection of crops from farmers' fields that have already been mechanically harvested or on fields where it is not economically profitable to harvest.
2. **Perishable food rescue or salvage:** The collection of perishable produce from wholesale and retail sources.
3. **Food rescue:** The collection of prepared foods from the food service industry.
4. **Nonperishable food collection:** The collection of processed foods with long shelf lives.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.

Word of mouth, press releases, posters, announcements in church bulletins and school newsletters, radio public service announcements, and signs in the post office, garden shop, senior center or other public places are just a few ways you might recruit volunteers.

Interview everyone who wants to help so they understand what is needed and what they are committing to. Don't forget to consider youth and seniors as potential volunteers.

Organizing Volunteers

Volunteers who are avid gardeners may want to bring their own tools and equipment to use during their shifts. Others may need tools and training to be good helpers. Involve volunteers in scheduling so those who want to work together can, people can share equipment or skills or car pool. Decide if and where volunteer hours and tasks completed will be logged in or checked off.

Discuss potential problems and how they will be addressed. Develop a plan of action for volunteers who cannot or do not fulfill their commitments. Decide where to report problems with tools, equipment and pest, animal or vandal problems.

Visibility, Publicity and Public Relations

Public recognition of your project can either bolster or embarrass volunteers. Be sure to plan ahead with the community garden participants and those who will ultimately benefit if you want to draw attention to your project in any way.

Ideas for increasing visibility and support include:

- Signs and posters to recruit volunteers or participants
- Newspaper feature stories
- A television news clip
- Signs and banners at the garden site
- Public speaking opportunities at clubs, groups and schools where participants may be recruited
- Volunteer recognition events
- Business and community club or group solicitations

Planning Your Community Garden

Use this step-by-step checklist to start a community garden plot:

1. Gather materials you'll need.

- ☐ Planting, growing and harvesting tools
- ☐ Seeds, seedlings and organic material, such as compost, manure or peat moss
- ☐ Long-handled shovels, hoes, rakes, garden spades and three-pronged hand cultivators
- ☐ Scissors, knives and containers (baskets, bowls, or cardboard boxed)

2. Pick a spot.

- ☐ Make sure the vegetable garden gets at least six hours of sunshine a day. Otherwise the seeds produce plants and leaves and not much food. If the plot chosen doesn't have enough

sunshine, try growing vegetables that have leaves, such as lettuce.

- ☐ Keep drainage in mind. A garden needs to drain well, so try to avoid low spots.
- ☐ Cultivate. It is better if your garden spot has been cultivated before. If you are starting with a brand new site, take the first year to prepare the soil, following soil test recommendations.

3. Plan your garden.

- ☐ Point north. Find the north side of the plot, because that's where the tall plants should go, so they don't shade shorter ones. Stand facing the sunset, north is the direction to the right.
- ☐ Sketch out the basic shape and size of the plot. Plants can be grown in rows or raised beds, so the garden will be square or rectangular.

4. Decide what to plant.

- ☐ List what vegetables you'll grow and decide on the number of plants you'll need.

5. Design the site.

- ☐ Draw a picture of the garden and plan out what plants will grow in which rows or beds. Figure how far apart the plants should be based on how wide the plants will get. This will make it easier on planting day.

6. Test the soil.

- ☐ If the soil has not been tested, conduct a soil test. Call your county Cooperative Extension office for a soil test kit. What does a basic soil test show? Three things: (1) lead level of the soil; (2) whether the soil is acid (sour), alkaline (sweet), or neutral (neither sour nor sweet) and (3) the nutrient levels in the soil. Lead is a poison and if it gets into the plants, it will get into your food. Plants will not grow well in soil that is either too acid or too alkaline. Nutrient levels determine how well plants grow.

7. Get the tools.

- ☐ Long-handled shovels, gardening spades, spading forks, hoes and rakes are all excellent

From the Wholesaler to the Hungry

In 1987, Mickey Weiss, a retired produce wholesaler, was visiting his son at the Los Angeles Wholesale Market. He watched as a forklift hoisted 200 flats of ripe, red raspberries, raspberries that had not sold that day, and crushed them into a dumpster!

Weiss' retirement didn't last long. Working out of donated office space at the market, he enlisted student volunteers to call community kitchens, while he persuaded friends in the produce business to "put good food to good use."

To make his dream a reality, he formed a team that included the Los Angeles Wholesale Produce Market and the Los Angeles County Department of Agriculture. Today, Mickey Weiss' Charitable Distribution Facility distributes more than two million pounds of produce a month throughout southern California.

The project, From the Wholesaler to the Hungry (FWH), an offshoot of Weiss' work, continues to help cities establish programs to channel large donations of fresh fruits and vegetables to community agencies.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.

tools for beginning a garden. To care for the garden, use hand tools such as 3-pronged hand cultivators, hose and nozzle, and/or watering cans. If the group doesn't have their own tools, find someone who has what is needed and ask to borrow the tools. Or check yard sales for good quality used tools.

8. Prepare the soil.

- ☐ Once the soil is dry enough, dig it and loosen it. Remove grass and weeds (roots and all).

Take the time to do this well. Dig as deep as the blade of the spade and turn the soil. Or find someone to till the soil with a rototiller.

- ☐ If the soil test said to add lime, sulfur or fertilizers, do so at this time. Add organic material such as compost or aged manure. This helps feed the plants and improves the soil. Spread evenly on top of the turned soil in a layer no deeper than three inches. Blend everything well using a spading fork. Rake the soil until it's smooth and level, with no hills or holes. This will allow the water to seep down to the roots.

9. Get ready to plant.

- ☐ Children will enjoy helping buy vegetable seeds or seedlings (also called transplants). Some plants do better if you start with seedlings rather than seeds. Seedlings are the fastest way to grow plants, and the easiest.
- ☐ To identify what you have planted write the names of the plants on stakes with a waterproof marker. Place the markers in the soil at one end of the row.
- ☐ Youth can also help plant. First, make a shallow straight line (furrow) in the soil with finger. Put the seeds in the furrow to the depth noted on the seed package. When the seeds are in the furrow, squeeze the furrow closed with your thumb and finger. Water the soil right after the seeds are planted.
- ☐ If you're planting seedlings, first mark the spot where the plants will go by poking a hole in the soil using a finger or the end of a pole. Do the entire row at one time. Set each plant in the soil so that it sits just above the root ball. Cover the root ball with soil and press the soil gently so there are no empty spaces near the roots.

Feed the seedlings with a mixture of fertilizer and water. Water each plant once, let the water soak in, and water a second time. Depending on what plants you grow, you may need to feed them every two to three weeks.

(Check with your county Extension office for more information on fertilizing, weed and pest control.)

10. Work in the garden.

- ☐ Visit the garden daily. Check if the garden needs watering, weeding, feeding and thinning. Make sure to bring the proper tools. Take youth to the garden and have them help care for the plants.

11. Harvest.

- ☐ Gather your harvest tools: scissors or knife, baskets, bowls, or cardboard boxes.
- ☐ As the vegetables are picked, place them carefully into container. Put the heavier ones on the bottom so they damage lighter vegetables.
- ☐ Store vegetables under the proper conditions until you use them or deliver them. (See Food for ME fact sheet #4303, "A Donor's Guide to Vegetable Harvest and Storage.")

How You Can Help Recover Food

In today's world, where so many wake up in poverty and go to sleep hungry, each of us must ask: "How can I help?"

To get involved, use the ideas in the Food for ME fact sheets or call "1-800-GLEAN-IT," a toll-free hotline of the USDA and National Hunger Clearinghouse.

Prepared by Extension educators Marjorie Hundhammer and Joyce Kleffner.

Sources:



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Bulletin #4301



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Food for Your Community: Gleaning and Sharing

Food recovery is the collection of wholesome food for distribution to the poor and hungry. It follows a basic humanitarian ethic that has been part of societies for centuries. We know that “gleaning,” or gathering after the harvest, goes back at least as far as biblical days. The term “field gleaning” refers to the collection of crops from either farmers’ fields that have already been mechanically harvested or from fields where it is not economically profitable to harvest.

This fact sheet in the “Food for ME” series describes how you can set up a field gleaning project to benefit your community.

Locating Farms for Donations

State departments of agriculture can also be extremely valuable resources in helping to identify donors for gleaning projects. These agencies are not only closely tied to the individual growers, but are also usually the offices that approve and establish farmers’ markets and organize the state and county fairs. Involving agencies can also help build a sense of community and cooperation at the local level.

Communicating with Potential Donors

Before going out to ask a farmer to donate, anticipate questions that the farmer is likely to raise. Keep in mind that a farmer is going to have some unique concerns that will need to be addressed. It’s important not to make promises you

can’t keep, such as a guarantee that no one will sue if they are injured while on the farm. Be prepared to discuss the liability provisions in detail; have a copy of the “Good Samaritan” law, or a well-written summary of its provisions, to give the farmer.

Initiate a discussion of who will be responsible for providing the containers for the gleaned produce: Will they be provided by the farmer, or will they have to be brought in? What are the farmer’s concerns about having all these unknown people on the farm? Does the farmer have ground rules that need to be identified up front (such as no use of the restroom facilities or the telephone in the house, don’t drive vehicles in certain areas)?

It is important to remember that producers are professionals whose time and product are valuable. Neither should be wasted by promising to glean and then not showing up, or showing up at the wrong time or place, or showing up with the wrong type of gleaners (e.g. Boy Scouts, when the producer specifically said no children.)

Setting Up a Project

Here’s a step-by-step plan for a gleaning project.

What to Do: Advance Planning

1. **Set up a committee to plan and coordinate the activity.** Assign a committee chair or coordinator.
2. **Develop a plan.** Determine the scope of the activity so that you can plan your recruitment promotion efforts.

Points to Remember

Try to keep the activity to a manageable size. If you have a large number of volunteers, divide them into two or three smaller groups. Set a block of time for each to glean the fields. Or glean on two different days.

Have refreshments. The time of year will be a factor in what you serve volunteers at gleaning time.

Consider providing tools. If volunteers bring their own tools and water, you don't need to. However, the "bring your own" approach may decrease the number of volunteers that participate.

Get help. Appoint some people to help volunteers to harvest produce correctly.

Think ahead. This year's gleaners may be next year's project organizers or leaders.

3. **Identify local farmers and gardeners whose farm products can be gleaned.** Make a list of these people, including their addresses and telephone numbers. Contact them and invite them to join you. Discuss the activity, describe the training volunteer gleaners will receive, and the benefits of participating. Get written permission to glean their fields, gardens, groves or orchards. Ask that they sign a standard release form. (NELLIE: THAT COVERS WHAT?)
4. **Give out copies of a summary of state and federal "Good Samaritan Laws"** (available from your county Extension office) to farmers and gardeners who will be participating.
5. **Make a list** of the farmers and gardeners who will be a part of the project.

6. **Recruit.** Contact local schools or the county Extension Office to recruit youth in grades 3-5 and 4-Hers as gleaners, as well as assistants. Make a list of all the volunteers who will be helping collect produce.
7. **Set a date(s)** for the gleaning activity.
8. **Contact food banks, homeless shelters, or other local facilities to arrange for donations** of fresh produce, and to schedule a delivery site and time.
9. **Contact local businesses and civic groups.** Ask them for help in transporting the produce to food banks, providing harvesting tools, portable toilets, refreshments, etc. Get written commitments.
10. **Begin advertising the gleaning activity:** prepare and distribute fliers, radio announcements and press releases announcing and promoting the gleaning activity to the community. Include dates, times and locations as well as the date and time for the "training session" with the farmer. If necessary, translate the promotional materials into the languages of local ethnic groups to expand the outreach.
11. **Alert local civic groups, organizations representing local ethnic groups, and the religious community about the gleaning activity.**

What to Do: One Week Before the Activity

1. **Prepare directions** to the farms, gardens, groves and orchards. Prepare tip sheets about what to wear (for comfort, safety and protection), safe hand-harvesting techniques, and the kind of harvesting tools needed.
2. **Distribute tip sheets on clothing, harvesting tools, and directions** to the gleaning site at your planning meeting. Discuss such issues as transportation (car pools or buses?) and contingency plans (what to do in case of bad weather or other unforeseen problems). Get volunteer gleaners to sign a standard release form. (NELLIE: THAT COVERS WHAT?)

3. **Check with food banks** to make sure that they will still accept the food to be gleaned. Confirm delivery sites and times.

What to Do: Day Before Activity

1. **Mark areas at the gleaning site where the volunteers may park.**
2. **Prepare and put up signs** showing the central meeting spot and directions to gleaning site.
3. **Have youth help set up collecting and rest areas:**
 - tables where volunteers get containers for collecting food;
 - main deposit area for gleaned food; and
 - tables/benches where volunteers can get water or beverages and take rest breaks.
4. **Notify media of the event if you want coverage.**

What to Do: Day of the Activity

1. **Provide cold water and/or other hot or cold beverages and drinking cups.**
2. **Ask gleaners to assemble at a central place at the farm or garden.** Welcome the gleaners. (Involve the owner of the field and the activity coordinator.) Review safety, protection and comfort information. Have the farmer or owner lead a harvest training session. Distribute the containers and harvesting tools.
3. **Involve the media.** Conduct interviews with volunteer gleaners, farmers and children. Photograph the volunteers as they pick produce.
4. **Have youth prepare the gleaned produce for distribution to the food banks, etc.** Encourage volunteer gleaners to take some of the gleaned produce home for their own use.
5. **Load the produce** onto vehicles for transporting to the food banks, etc.
6. **Ask volunteers to help with clean up.** Close the gleaning activity by thanking the volunteers and field owners.

Follow-Through Activities

- Send gleaning day photographs to local newspapers. Include captions and a description of the activity.
- Make telephone calls or send thank you letters and certificates of appreciation to farmers, gardeners, gleaners, people who delivered food, committee members, etc.
- Contact food banks to learn how food was used. Ask if they would participate in future community gleaning efforts.
- Ask volunteers for their suggestions on future community gleaning efforts. Ask if they would participate in a future gleaning activity, and how they used any produce they received.
- Help farmers and gardeners share their experience with county and state legislators and leaders from religious, civic and service communities.

Food Recovery on the Internet

USDA Gleaning and Food Recovery Home Page:
<http://www.usda.gov/fcs/glean.htm>

World Hunger Year (see the site's "hunger and poverty" links): <http://www.iglou.com/why/glean/>

Second Harvest: <http://www.secondharvest.org/>

The Contact Center Network:
<http://www.contact.org/ccn.htm>

United Way: <http://www.efsp.unitedway.org/>

Ending Food Waste

Food recovery is one creative way to help reduce hunger in America. It supplements federal food assistance programs by making better use of a food source that already exists.

From the Wholesaler to the Hungry

In 1987, Mickey Weiss, a retired produce wholesaler, was visiting his son at the Los Angeles Wholesale Market. He watched as a forklift hoisted 200 flats of ripe, red raspberries, raspberries that had not sold that day, and crushed them into a dumpster!

Weiss' retirement didn't last long. Working out of donated office space at the market, he enlisted student volunteers to call community kitchens, while he persuaded friends in the produce business to "put good food to good use."

To make his dream a reality, he formed a team that included the Los Angeles Wholesale Produce Market and the Los Angeles County Department of Agriculture. Today, Mickey Weiss' Charitable Distribution Facility distributes more than two million pounds of produce a month throughout southern California.

In 1991, Susan Evans and Peter Clarke joined forces with Weiss. Wanting to replicate his concept nationwide, they designed a systematic consultation process to help cities begin their own fresh produce operations.

The project, From the Wholesaler to the Hungry (FWH), continues to help cities establish programs to channel large donations of fresh fruits and vegetables to community agencies. Adding fresh fruits and vegetables to the diets of low-income Americans improves their nutrition and their health, and helps prevent disease.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.

Up to 1/5 of America's food goes to waste each year, with an estimated 130 pounds of food per person ending up in landfills. The annual value of this lost food is estimated at around \$31 billion. But the real story is that roughly 49 million people could have been fed by those lost resources.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.

How You Can Help Recover Food

In today's world, where so many wake up in poverty and go to sleep hungry, each of us must ask: "How can I help?"

To get involved, use the ideas in the Food for ME fact sheets or call "1-800-GLEAN-IT," a toll-free hotline of the USDA and National Hunger Clearinghouse.

Prepared by Extension educator Marjorie Hundhammer.

Source: ???, "A Citizen's Guide to Food Recover," USDA, April, 1997.



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Food for ME

A Citizen Action Fact Sheet for Community Food Recovery



UNIVERSITY OF
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Bulletin #4302

Donating Food to Food Pantries and Cupboards

Donating, recovering and gleaning foods that would otherwise go to waste helps feed hungry Mainers. When recovering food, consider both safety and quality.

Beware of the signs that food may be unsafe to eat. Use the following chart to decide what foods are unsafe to give to food pantries, cupboards and shelters.

Foods Stored at Room Temperature

These signs may indicate that food is unsafe:

Cans

- Too crushed to stack on shelves or open with a manual can opener
- Crushed immediately under the end (double) seam
- Moderate/severe dents where the side and end (double) seams meet
- Rust pits severe enough to make a hole in the can
- Swollen or bulging ends
- Holes, fractures or punctures
- Evidence of leakage
- Signs of spoilage (spurting; unusual odor or appearance) when opened
- Baby food or formula past the expiration date
- Missing label

Glass Jars

- Home-canned instead of commercially canned
- Raised, crooked or loosened lid
- Damaged tamper-resistant seal
- Cracks or chips
- Signs of spoilage (discolored food; cloudy liquid)
- Dirt under the rim
- Baby food past the expiration date

Paperboard Cartons

- Torn or missing inner packaging in cartons that are slit or opened
- Evidence of insects
- Baby food past the expiration date

Plastic Containers

- Damaged tamper-resistant seals
- Signs of spoilage (mold, off odor)
- Baby food past the expiration date



Foods Stored in Refrigerator or Freezer

These signs may indicate that food is unsafe:

Refrigerator Foods

- Lukewarm food (above 40 degrees F - refrigerator temperature)
- Signs of spoilage (unusual odor or appearance, molds)
- Unsuitable containers (and/or covers) that allow food to be contaminated
- Uncertain handling "history"

Freezer Foods

- Evidence of thawing (ice on the food or leaking)
- Unsuitable packaging that allows food to be contaminated

If in doubt, throw it out! Don't rely on look or smell. Foods that cause food poisoning may look fine and smell OK. Never taste suspicious foods!

How You Can Help Recover Food

In today's world, where so many wake up in poverty and go to sleep hungry, each of us must ask: "How can I help?"

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Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.

Prepared by Extension human development specialist/nutrition Nellie Hedstrom

Source: ???, Purdue University Cooperative Extension Service, DATE, Adapted from information by Carolyn Raab, food and nutrition specialist, Oregon State University Extension Service.



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Food for ME

A Citizen Action Fact Sheet for Community Food Recovery

Bulletin #4303



UNIVERSITY OF
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A Donor's Guide to Vegetable Harvest and Storage

Have you ever wondered what to do with extra garden produce? Would you like to contribute to your community? Top-quality vegetables are welcome at most food cupboards, food pantries, soup kitchens and homeless shelters. Just be sure to call ahead to find out what kinds of vegetables would be useful and the best times to donate.

This fact sheet in the "Food for ME" series includes helpful information on the harvest and storage of commonly grown Maine crops. Specifically, it addresses:

- when to harvest;
- how to harvest;
- special harvest preparations;
- special storage requirements;
- length of storage; and
- ideal storage conditions

for each crop. These tips will help you harvest and store high-quality produce which can be donated to groups in your community.

Vegetable Harvest and Storage

Asparagus: Harvest by snapping 10- to 12-inch spears off at ground level. Store in plastic bags in refrigerator for up to 1 week. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Beans, Green: Bean pods will be the most tender when the small seed inside is one-fourth normal size. From this stage, the pods become more

fibrous as the beans mature. Store green beans up to 1 week in perforated plastic bags in the warmer part of the refrigerator. Cool cellar storage is also possible. Ideal storage conditions are 45 to 50 degrees F and 80 to 90 percent humidity.

Beets: Begin harvesting when beets are 1 inch in diameter. Beet tops at this time make excellent tender greens. The main harvest should occur when beets are 2 to 3 inches in diameter. Harvest fall beets before the first moderate freeze. For storage, wash roots, trim tops to ½ inch, place in perforated plastic bags, and store in refrigerator or cold, moist cellar. Storage life is 2-4 months. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Broccoli: Harvest the terminal head while florets are still tight and of good green color. Smaller side shoots will develop for later harvest. Store in perforated bags for up to 1 week in refrigerator. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Brussels Sprouts: Harvest the sprouts (small heads) when they are firm — begin from the bottom of the plant. Sprouts can stand several moderate freezes. Harvest all sprouts prior to the first severe freeze, and store in the refrigerator in perforated bags for up to 3 weeks. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Cabbage: Harvest when the heads are solid. You can store cabbage in a refrigerator or cold cellar in

plastic bags for up to 2 months. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Cantaloupe: Harvest when the stem slips easily from the fruit. Lift the melon. If ripe, it should separate easily. Store ripe melons in the refrigerator in a plastic bag for up to 10 days. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Carrots: Carrots can be harvested as soon as they are large enough to use in salads. Fall carrots should be harvested before the first moderate freeze. For storage, wash roots, trim tops to ½ inch, place in perforated plastic bags and store in refrigerator or cold moist cellar. Storage life is 2 to 4 months. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Light freeze = 28 to 31 degrees F
Moderate freeze = 24 to 28 degrees F
Severe freeze = Below 24 degrees F

Cauliflower: Heads should be white, solid, uniform and smooth or close flowered. Tie outer leaves above the head when curds are about 1-2 inches in diameter (except purple types). Heads will be ready for harvest in about 2 weeks. Cauliflower may be stored in perforated plastic bags in the refrigerator for up to 2 weeks. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Cucumber: Harvest cucumbers when they are 1-1/2 to 2-1/2 inches in diameter and 5 to 8 inches long. (This will vary with variety.) Seeds should not be overly developed. Pickling cucumbers will be a bit more blocky and not as long as slicers. Store slicing cucumbers in the warmest part of the refrigerator in a plastic bag. Storage life is about 1 week. Pickling cucumbers should be cooled quickly in ice water and kept up to 2 days in a plastic bag in the refrigerator. Ideal storage conditions are 45 to 50 degrees F and 80 to 90 percent humidity.

Eggplant: Harvest when fruits are nearly full grown, but color is still bright. Eggplants are not adapted to long storage, but can be kept in the warmer part of refrigerator for about a week. Ideal storage conditions are 45 to 50 degrees F and 80 to 90 percent humidity.

Endive (Escarole): Harvest whole plant. Wash thoroughly to remove soil and sand. Gather leaves together and tie with rubber band. Store in plastic bags in the refrigerator for up to 3 weeks. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Kale, Mustard, Spinach: Harvest the leaves and leaf stems of greens when they reach suitable size. Either harvest the whole plant or the outer, larger leaves. Wash and trim. Greens do not store well, but may be kept in plastic bags in the refrigerator for up to 2 weeks. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Kohlrabi: Harvest when the swollen stems are 2-3 inches in diameter. Stems become woody if left too long before harvest or if grown under poor conditions. Cut off root and leaf stems, and store in plastic bags as indicated for carrots. Storage life is 2 to 4 weeks.

Lettuce: Head, semi-head and leaf lettuce can be stored up to 2 weeks in perforated plastic bags in the refrigerator. Refrigeration is highly desirable, but do not freeze. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Onions, Dry: Harvest onions when tops have fallen over and the necks have shriveled. Remove tops, place in shallow boxes or mesh bags, and cure in open garage or barn for 3 to 4 weeks. Store in mesh bags in a cool place (45 to 50 degrees F and 60 percent humidity).

Onions, Green (Scallions): Harvest green onions when they are 1/4 to 1/2 inch in diameter. Wash and trim back roots; and any tough ends of green. Place in plastic bags and store in refrigerator for

up to 2 weeks. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Parsnips: Harvest in late fall after several moderate freezes. Exposure to cold develops the sweet flavor. Same storage requirements as for carrots.

Peas, Garden: Harvest when pods have filled. For tender peas, harvest when a bit immature; for “meaty” peas harvest when mature. Unshelled peas can be kept in a perforated plastic bag in the refrigerator for about a week. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Peppers, Sweet: Harvest when fruits are firm and full-sized. If red fruits are desired, leave on plant until red color develops. Sweet peppers can be stored for 2 to 3 weeks in the warmer part of the refrigerator in plastic bags. Cool cellar storage is also possible. Ideal storage conditions are 45 to 50 degrees F and 80 to 90 percent humidity.

Potatoes: Harvest when the tops have yellowed or died. Do not leave in the ground exposed to high soil temperatures from sun because this will accelerate over-ripening. Wash potatoes and remove any that are diseased or damaged. Cure for about a week in a shaded, well-ventilated place (open barn, shed, garage). Avoid exposing tubers to light. They will turn green with even small amounts of light. Store in as cool a place as possible (40 degrees F). Cool basements are probably the best storage available. Keep humidity high and provide good ventilation. Storage time is 2 to 4 months. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Pumpkins: Harvest pumpkins and winter squash when skin is hard and the colors darken. Both

“Ideal” refrigerated storage conditions for many vegetables are not attainable on the average home or farm, especially in the summer months. Simply use the best storage available, and recognize its limitations. Cool, but nonfreezing temperatures retard vegetable deterioration.

should be harvested before frost. Remove the fruit from the vine with a portion of the stem attached. Store on shelves in a single layer so air can circulate around them.

Radish: Harvest when ½ inch to 1 inch in diameter. Wash roots, trim both tap root and tops, and store in plastic bags in refrigerator for up to 1 month. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Rhubarb: Harvest leaf stalks when ½ to 1 inch in diameter. DO NOT USE LEAVES. Rhubarb can be stored in perforated plastic bags for up to 3 weeks in the refrigerator. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Spinach, Kale, Mustard: Harvest the leaves and leaf stems of greens when they reach suitable size. Either harvest the whole plant or the outer, larger leaves. Wash and trim. Greens do not store well,



but may be kept in plastic bags in the refrigerator for up to 2 weeks. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Squash, Summer: Harvest when fruit is young and tender. Skin should be easily penetrated with the thumbnail. This is usually when the squash are 6 to 8 inches long for yellow summer and zucchini squash. Can be stored for up to a week in a perforated plastic bag in the refrigerator. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Squash, Winter: Harvest pumpkins and winter squash when skin is hard and the colors darken. Both should be harvested before frost. Remove the fruit from the vine with a portion of the stem attached. Store on shelves in a single layer so air can circulate around them.

Sweet Corn: Harvest sweet corn when kernels are plump and tender. Silks will be dry and kernels filled. Check a few ears for maturity: open top of ear, press a few kernels with thumbnail. If milky juices exudes, it is ready for harvest. Sweet corn has a very short storage life. Harvest at peak quality, husk to conserve space, and store in plastic bags for no more than 2 days in the refrigerator. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Swiss Chard: This green may be harvested continuously. Merely break off the outer leaves. Swiss chard is a beet developed for its top. A spring planting will provide greens from early summer to the first moderate freeze. May be stored up to 2 weeks in the refrigerator. Ideal storage is 32 to 40 degrees F and 90 to 95 percent humidity.

Tomatoes: Ripe tomatoes will keep for a week in the refrigerator at 45 degrees to 50 degrees F. Green, mature tomatoes, harvested before frost, should be kept at a temperature between 55 and 70 degrees F. For faster ripening, keep temperature high. Mature green tomatoes should approach normal size and have whitish green skin

color. Mature green tomatoes can be kept from 3 to 5 weeks by wrapping each tomato in newspaper and inspecting for ripeness each week. A cellar where temperatures are about 55 to 58 degrees is satisfactory for holding mature green tomatoes.

Turnips and Rutabagas: Very large specimens may be pithy and have strong flavor. The flesh should be fine ground and not pithy. Clip the tops 1-2 inches above the root. They are a good fall crop and can withstand several light freezes. Store the same as carrots.

Watermelon: Harvest when the underside of fruit turns whitish to yellowish. The tendril at the juncture of the fruit stem and the vine usually dies when the fruit is mature. Thumping an immature melon gives a ringing metallic sound, while a mature melon gives a dull thud. Watermelons will store at room temperature for about a week; at temperatures of 45 to 50 degrees F for 2 or 3 weeks.

How You Can Help Recover Food

In today's world, where so many wake up in poverty and go to sleep hungry, each of us must ask: "How can I help?"

To get involved, use the ideas in the Food for ME fact sheets or call "1-800-GLEAN-IT," a toll-free hotline of the USDA and National Hunger Clearinghouse.

Prepared by Gleason Gray, Extension educator.

Source: Some text for this fact sheet was taken from "Vegetable Harvest and Storage: USDA Agricultural Fact Sheet #8-31-1," by Arthur Gaus, Henry DiCarlo and Rudy Zuroweste.



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Food for ME

A Citizen Action Fact Sheet for Community Food Recovery

Bulletin #4304

A Food Pantry Wish List



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Take this chart with you when you go grocery shopping to help you choose foods to donate to the food pantries. Or use it to help you organize a community food drive.

For healthier eating habits, eat **LESS** of the items at the **TOP**, and **MORE** of the items at the **BOTTOM** of the food pyramid.

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

- Fat (naturally occurring and added)
- ▼ Sugars (added)

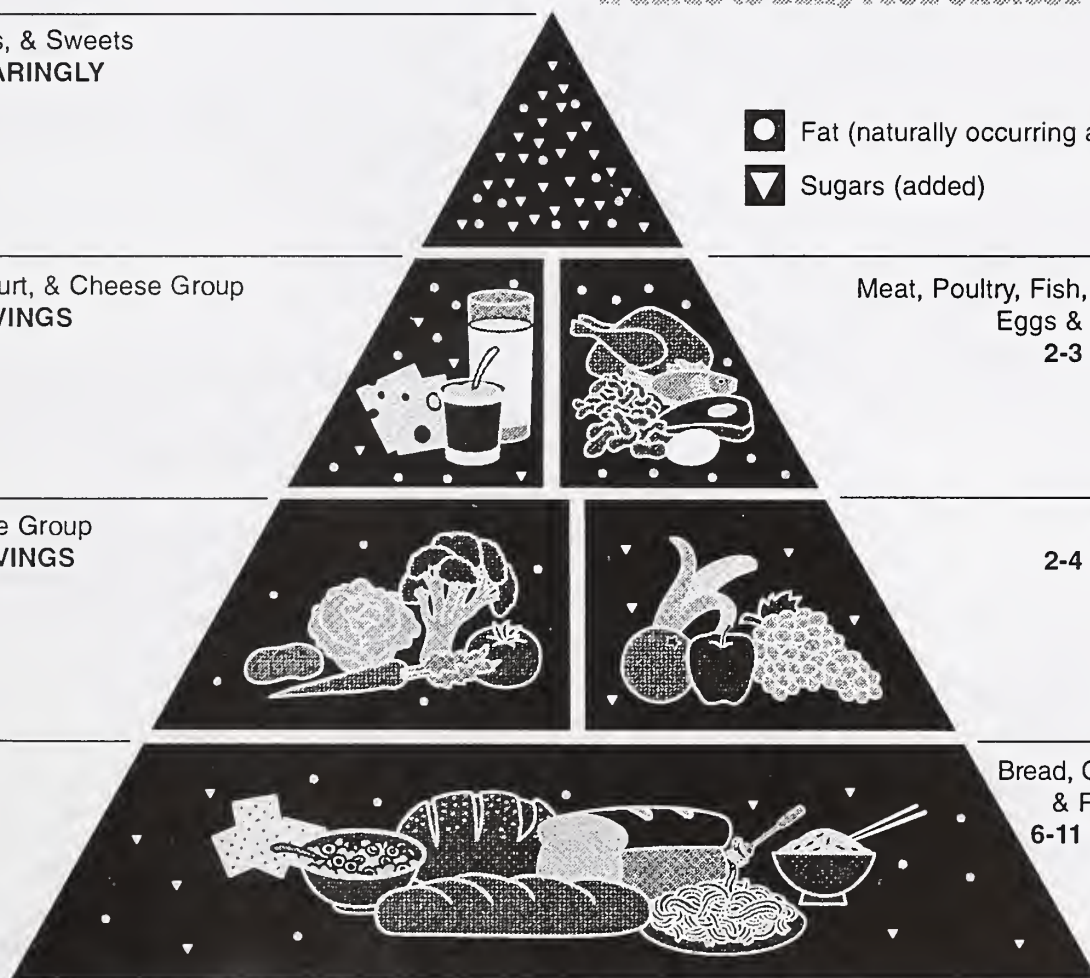
Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice,
& Pasta Group
6-11 SERVINGS



Fats, Oils and Sweets

- syrup
- jelly and jam
- honey
- sugar
- mayonnaise
- vegetable oil
- salad dressing

Milk, Yogurt and Cheese

- infant formula
- fresh milk, yogurt, cheese (NELLIE: SHOULD THIS PERISHABLE ITEM BE LISTED?)
- powdered milk
- evaporated milk
- instant breakfast drinks
- small boxes of sterile milk
- canned and boxed pudding

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

- canned tuna
- canned chicken
- canned beef stews
- canned salmon
- bean soups
- canned or dried beans
- baked beans
- fresh or frozen meat, poultry, fish* (NELLIE: PERISHABLE?)
- canned chili
- peanut butter

Vegetables

- canned vegetables
- vegetable soup
- canned tomato products
- spaghetti sauce
- baby food vegetables
- fresh and frozen vegetables* (NELLIE: PERISHABLE?)
- V-8 juice

Fruits

- canned fruit
- raisins
- applesauce
- dried fruits
- baby food fruit
- fruit leather (100% fruit)
- fresh and frozen fruit* (NELLIE: PERISHABLE?)
- canned and boxed 100% juice

Bread, Cereal, Rice & Pasta

- rice and rice mixes
- canned pastas
- noodle mixes
- dry noodles and pastas
- macaroni and cheese mix
- cold cereals
- bran cereal
- shredded wheat
- infant cereal
- hot cereal mixes
- oatmeal
- bread and muffin mixes
- pancake mix
- whole-grain crackers
- granola bars
- graham crackers
- flour

Just drop your donation off at the box provided by your food store. Or check local food pantries for donation information.

**Fresh and frozen fruits and vegetables are welcome — if you have fresh or perishable food items, please call your local Food Pantry directly. (NELLIE OK?)*

Non-Food Items

These may also be welcome at your local food pantry. For more information, call your local food pantry.

Paper Products:

- toilet paper
- paper towels
- napkins
- tissues

Soap Products:

- hand soap
- laundry and dish detergent
- cleaning products

Personal Care:

- shampoo
- toothpaste
- toothbrush
- shaving cream
- razors
- deodorant
- feminine hygiene products

Extras:

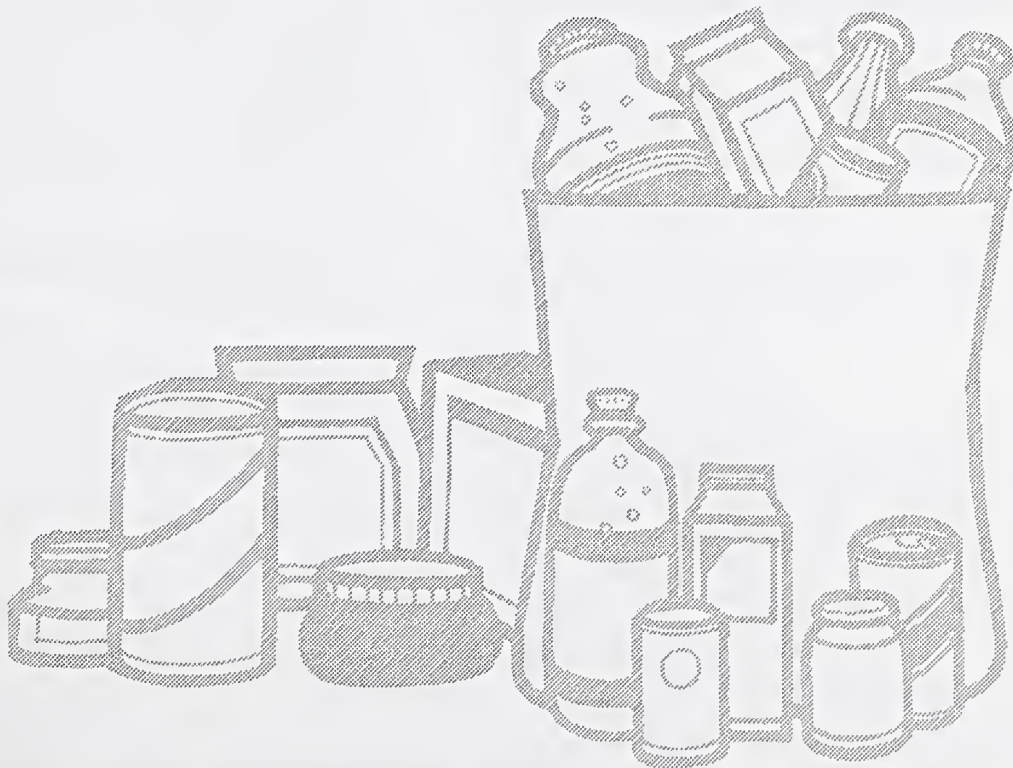
- tea
- coffee
- spices

What's Food Recovery?

Food recovery is the collection of wholesome food for distribution to the poor and hungry. It follows a basic humanitarian ethic that has been part of societies for centuries. Today, the four most common methods for food recovery are:

- 1. Field gleaning:** The collection of crops from farmers' fields that have already been mechanically harvested or on fields where it is not economically profitable to harvest.
- 2. Perishable food rescue or salvage:** The collection of perishable produce from wholesale and retail sources.
- 3. Food rescue:** The collection of prepared foods from the food service industry.
- 4. Nonperishable food collection:** The collection of processed foods with long shelf lives.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.



Ending Food Waste

Food recovery is one creative way to help reduce hunger in America. It supplements federal food assistance programs by making better use of a food source that already exists.

Up to 1/5 of America's food goes to waste each year, with an estimated 130 pounds of food per person ending up in landfills. The annual value of this lost food is estimated at around \$31 billion. But the real story is that roughly 49 million people could have been fed by those lost resources.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.

How You Can Help Recover Food

In today's world, where so many wake up in poverty and go to sleep hungry, each of us must ask: "How can I help?"

To get involved, use the ideas in the Food for ME fact sheets or call "1-800-GLEAN-IT," a toll-free hotline of the USDA and National Hunger Clearinghouse.

Prepared by Extension Educator Joyce Kleffner.

Source:



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Bulletin #4305



UNIVERSITY OF
MAINE
Cooperative Extension

How to Organize a Community Food Drive

Despite the bounty of food here in the United States, one of our most complex and serious problems is hunger. (NELLIE: ADD SOME STATISTICS ON MAINE?)

One of the ways to combat the hunger problem in your area is a community food drive. This Food for ME fact sheet gives you a week-by-week task list of how to organize and run a food drive in your town.

Encourage neighbors and friends to join in! The goal of this community-based activity is to fill grocery bags with non-perishable foods from each of the food groups in the Food Guide Pyramid. The food bags are then donated to local food banks or similar food distribution facilities for distribution to people in need.

Four to Six Weeks Before the Food Drive: Action Plan

1. **Get started.** Establish a small committee to plan and coordinate the food drive. Select a chairperson and committee chairpersons for the following committees:
 - Planning
 - Promotion
 - Collection and assembly
 - Volunteer recruitment
 - Decoration/food

2. **Develop a plan for carrying out the food drive.** Contact local food businesses, service agencies, churches, clubs, schools and your Cooperative Extension office. Invite them to help out. Describe the activity and discuss its benefits to them and the community. Develop a one-page flier describing the food drive. Make copies of it and a sample food list (see UMCE bulletin #4304, "A Food Pantry Wish List," a Food for ME fact sheet).

Four Weeks Before: Action Plan

1. **Follow up with people.** Give a copy of your flier and food list to your contacts. Confirm their participation. Keep a current list of people, organizations and businesses that are interested in helping with the food drive.
2. **Contact local food banks or other food distribution facilities.** Arrange for them to take the donated, non-perishable foods. Set a tentative delivery date.
3. **Check community, school and church calendars for "open" date(s) for the food drive.** The food drive itself will run over a two-week period, with the last day or two set aside for putting together and delivering the food bags.
4. **Discuss plans for publicity.**
5. **Contact schools, community recreational facilities, churches, grocery stores, etc.,** to see if they will donate space for food collection.

Two Weeks Before: Action Plan

1. Contact local businesses and civic groups to see if they will help deliver food to food banks. Get a written commitment.
2. Design a flier to advertise the food drive. Include a list of foods suitable for donation. (This could be a contest, with the design selected by the planning committee.)

One Week Before: Action Plan

1. Check with food banks to confirm they still want the food donations. Make sure delivery date is OK. Get directions to the food banks as well as parking and unloading instructions.
2. Schedule sessions to explain the food drive and review Food Guide Pyramid concepts, to people collecting food. Develop handouts for adult volunteers.
 3. Have youth and adult volunteers sign up for the following jobs:
 - Distribute fliers
 - Bring in donated food
 - Set up major collection site
 - Assemble food bags
 - Load food bags
 - Deliver food bags
 - Help with distribution of food

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

- Fat (naturally occurring and added)
- ▼ Sugars (added)

Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice,
& Pasta Group
6-11 SERVINGS

4. Distribute food drive flier throughout the community at supermarkets, places of worship, libraries, schools, etc.

Day Before: Action Plan

1. Remind everyone that the food drive is beginning and that they have two weeks to collect food donations.

During the Food Drive: Action Plan

1. Design the food collection site using the Food Guide Pyramid theme. Your design could include a floor lay-out as well as decorations. For example, you could put tape on floor in the outline of a triangle, then place tables in each food group section for the food. Or, you could design a giant pyramid wall collage of empty food packages and have food-group-labeled tables set up along the walls for the food.

Day Before Food Assembly Day: Action Plan

1. Prepare snacks and beverages for youth and adult volunteers.
2. Set up registration/information tables at the entrance.
3. Set up the Food Guide Pyramid food collection area. Include:
 - a main deposit area for donated food;
 - tables for holding foods separated into food groups;
 - food bag assembly area;
 - holding area for bagged food before it's loaded into delivery vehicles; and
 - tables and chairs where volunteers can relax.
4. Place empty food bags on assembly table.
5. Mark area in front of collection site for "dropoff" parking.
6. Put up poster or banner outside to advertise the food drive.

What's Food Recovery?

Food recovery is the collection of wholesome food for distribution to the poor and hungry. It follows a basic humanitarian ethic that has been part of societies for centuries. Today, the four most common methods for food recovery are:

1. **Field gleanings:** The collection of crops from farmers' fields that have already been mechanically harvested or on fields where it is not economically profitable to harvest.
2. **Perishable food rescue or salvage:** The collection of perishable produce from wholesale and retail sources.
3. **Food rescue:** The collection of prepared foods from the food service industry.
4. **Nonperishable food collection:** The collection of processed foods with long shelf lives.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.

Assembly Day: Action Plan

1. Welcome the volunteers.
2. Review traffic control procedures with the traffic person, so things run smoothly during food dropoff.
3. Greet food donators at the entrance and explain that they are to deposit food on the main receiving table.
4. Instruct volunteers to separate the food into the food groups and place on the appropriate food group tables.
5. Assemble food bags according to suggestions from the food bank.
6. Load the food bags and any extra food items into the vehicles for transporting to the food bank. Call the food bank and let them know estimated arrival time.

Close-Out: Action Plan

1. Ask volunteers to help clean up refreshment, collecting and loading areas.
2. Close the activity by thanking all the volunteers.

Food Recovery on the Internet

USDA Gleaning and Food Recovery Home Page:
<http://www.usda.gov/fcs/glean.htm>

World Hunger Year (see the site's "hunger and poverty" links): <http://www.iglou.com/why/glean/>

Second Harvest: <http://www.secondharvest.org/>

The Contact Center Network:
<http://www.contact.org/ccn.htm>

United Way: <http://www.efsp.unitedway.org/>

How You Can Help Recover Food

In today's world, where so many wake up in poverty and go to sleep hungry, each of us must ask: "How can I help?"

To get involved, use the ideas in the Food for ME fact sheets or call "1-800-GLEAN-IT," a toll-free hotline of the USDA and National Hunger Clearinghouse.

*Prepared by Extension Community Development
Specialist Louise Franck Cyr.*

Source:



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APPENDIX B

FOOD GUIDE PYRAMID A GUIDE TO DAILY FOOD CHOICES

Excerpts from: "Using the Food Guide Pyramid: A Resource for Nutrition Educators"

Anne Shaw, Lois Fulton, Carole Davis, Myrtle Hogbin

1996

<http://www.nal.usda.gov/fnic/Fpyr/guide.pdf>

FIGURE 1.

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
Use Sparingly

KEY

- Fat (naturally occurring and added)
- Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt,
& Cheese Group
2-3 Servings

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 Servings

Vegetable
Group
3-5 Servings

Fruit Group **2-4
Servings**

Bread, Cereal,
Rice, & Pasta
Group
**6-11
Servings**

SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

The food guide was developed for Americans who regularly eat foods from all five major food groups. Thus, some people, such as vegetarians, may need special help from a dietitian or nutritionist in planning food choices to assure that they get needed nutrients. Food guide development considered food use data derived from nationwide food consumption surveys. Some cultural/ethnic groups in the United States may have food use patterns that distinctly differ from those reported by a majority of respondents in nationwide surveys. Some suggestions for factors to consider when using the Food Guide Pyramid with these groups are discussed in section VII of this publication.

Using the Food Guide To Plan/Evaluate Food Choices for a Day

2

Table 1 summarizes basic information needed to begin planning or evaluating a day's food choices using the food guide. It lists the major food groups and subgroups, the ranges in numbers of servings suggested, and the amounts to count as a serving for each group.

To become comfortable using the food guide, consumers need to know about how many servings they need, in which food group(s) their food choices fit, and how much counts as a serving. Menu and recipe examples can be used to teach composition of popular foods, how they contribute to food group servings, and how food choice patterns suggested by the Food Guide Pyramid translate into everyday menus.

How Many Servings?

Earlier food guides, such as the "Basic Four," specified a "foundation diet" of a minimum number of servings from four food groups that provided about 1,200 calories and a major share (about 80 percent or more) of protein and selected vitamins and minerals. People were expected to eat more to meet their energy needs (up to 3,000 calories or more, total), but foundation diet guides did not specify how the additional calories were to be spent in food choices. No limits on fat and added sugars were suggested. In contrast, the Food Guide Pyramid suggests foods for the *total diet*. If more calories are needed than provided by the lower numbers of servings in the ranges, additional servings from the major food groups are suggested, along with modest increases in amounts of total fat and added sugars. Increasing amounts of grain products, vegetables,

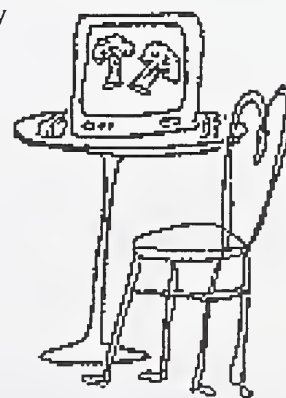
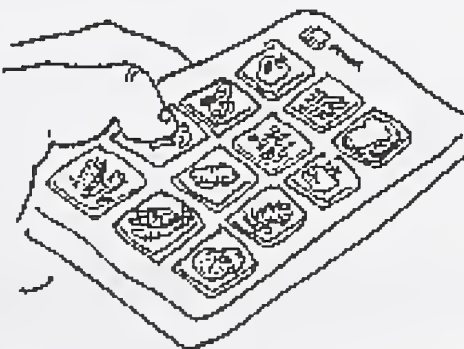


TABLE 1. THE PYRAMID GUIDE TO DAILY FOOD CHOICES

Food Group	Suggested Daily Servings	What Counts as a Serving
Bread, Cereal, Rice, Pasta Whole-grain Enriched	6 to 11 servings from entire group (Include several servings of whole-grain products daily.)	1 slice of bread 1/2 hamburger bun or english muffin a small roll, biscuit, or muffin 5 to 6 small or 3 to 4 large crackers 1/2 cup cooked cereal, rice, or pasta 1 ounce ready-to-eat cereal
Fruits Citrus, melon, berries Other fruits	2 to 4 servings from entire group	a whole fruit such as a medium apple, banana, or orange a grapefruit half a melon wedge 3/4 cup juice 1/2 cup berries 1/2 cup chopped, cooked, or canned fruit 1/4 cup dried fruit
Vegetables Dark-green leafy Deep-yellow Dry beans and peas (legumes) Starchy Other vegetables	3 to 5 servings (Include all types regularly; use dark-green leafy vegetables and dry beans and peas several times a week.)	1/2 cup cooked vegetables 1/2 cup chopped raw vegetables 1 cup leafy raw vegetables, such as lettuce or spinach 3/4 cup vegetable juice
Meats, Poultry, Fish, Dry Beans and Peas, Eggs, and Nuts	2 to 3 servings from entire group	Amounts should total 5 to 7 ounces of cooked lean meat, poultry without skin, or fish a day. Count 1 egg, 1/2 cup cooked beans, or 2 tablespoons peanut butter as 1 ounce of meat.
Milk, Yogurt, Cheese	2 servings (3 servings for women who are pregnant or breastfeeding, teenagers, and young adults to age 24.)	1 cup milk 8 ounces yogurt 1-1/2 ounces natural cheese 2 ounces process cheese
Fats, Sweets, and Alcoholic Beverages	Use fats and sweets sparingly. If you drink alcoholic beverages, do so in moderation.	

Note: The guide to daily food choices described here was developed for Americans who regularly eat foods from all the major food groups listed. Some people such as vegetarians and others may not eat one or more of these types of foods. These people may wish to contact a dietitian or nutritionist for help in planning food choices.

and fruit helps keep higher-calorie diets moderate in fat and also provides additional vitamins, minerals, and dietary fiber—nutrients that are low in many American diets.

Table 2 shows sample food patterns for a day at three calorie levels (1,600, 2,200, and 2,800), covering the ranges of servings suggested by the Food Guide Pyramid. It also indicates some age/sex groups for whom those calorie levels may be appropriate. The menu examples in section III show how 1 day's menu can be adapted for household members who have greater calorie needs than provided by the minimum number of servings. The sample food patterns are not prescriptions but illustrations of healthy proportions in the diet. Specific numbers of servings may vary somewhat from day to day. This is illustrated by the 5 days of menus described in section IV of this publication. Note: Table 2A shows a sample food pattern at 2,000 calories, the calorie level used as the base for the Daily Values on the Nutrition Facts panel of food labels.

There are many other factors to consider in planning menus that are practical for people of different ages. School and work schedules and peer influences, as well as personal health concerns, affect food choices and eating patterns.

Challenge your audience to evaluate the eating habits of their household members in comparison with Food Guide Pyramid recommendations and to think of creative and practical ways to improve their diets. For example, how might they include more foods from food groups that are underconsumed? Can they substitute similar foods that are lower in fat or sodium for items that are high in fat or salt?

Some suggestions for people of different ages are listed on pages 10 and 11.

TABLE 2. SAMPLE FOOD PATTERNS FOR A DAY AT THREE CALORIE LEVELS

1,600 calories is about right for many sedentary women and some older adults.

2,200 calories is about right for most children, teenage girls, active women, and many sedentary men. Women who are pregnant or breastfeeding may need somewhat more.

2,800 calories is about right for teenage boys, many active men, and some very active women.

	About 1,600	About 2,200	About 2,800
Bread Group Servings	6	9	11
Fruit Group Servings	2	3	4
Vegetable Group Servings	3	4	5
Meat Group	5 ounces	6 ounces	7 ounces
Milk Group Servings	2-3*	2-3*	2-3*
Total fat (grams) ^a	53	73	93
Total added sugars (teaspoons) ^a	6	12	18

* Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

^a Values for total fat and added sugars include fat and added sugars that are in food choices from the five major food groups as well as fat and added sugars from foods in the Fats, Oils, and Sweets group.

TABLE 2A. SAMPLE FOOD PATTERN FOR A DAY AT 2,000 CALORIES

Bread Group Servings	8
Fruit Group Servings	2
Vegetable Group Servings	4
Meat Group	6 ounces
Milk Group Servings	2-3*
Total fat (grams) ^a	65
Total added sugars (teaspoons) ^{a,b}	10

* Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

^a Values for total fat and added sugars include fat and added sugars that are in food choices from the five major food groups as well as fat and added sugars from foods in the Fats, Oils, and Sweets group.

^b Note that the Nutrition Facts panel on food labels lists values for "total sugars," not added sugars. Total sugars include both the sugars that occur naturally in fruits, vegetables, and milk and refined sugars that are added in processing, such as the sugar added to fruit canned in heavy syrup. The Dietary Guidelines suggest using added sugars in moderation because they contribute calories but few nutrients to diets.

Suggestions for Different Ages

INFANTS AND TODDLERS

- The Dietary Guidelines and the Food Guide Pyramid are for Americans 2 years of age and older.
- Infants and toddlers have special dietary needs because of their rapid growth and development. Follow the advice of a health care provider in feeding them.

PRESCHOOL CHILDREN

- As young children begin to eat the same foods as the family, usually about the age of 2 years or older, offer them foods that are moderate in fat and saturated fat but provide the calories and nutrients they need for normal growth.
- Serve young children the same variety of foods as everyone else, but in smaller amounts to suit their smaller needs—about 2/3 of the adult serving size. That would be a 1/4- to 1/3-cup portion of vegetable, for example.
- Be sure they have at least the equivalent of two cups of milk each day, but they can have it in several small portions—three 1/2-cup portions plus a 3/4-oz piece of cheese, for example.
- Because young children often eat only a small amount at one time, offer them nutritious “meal foods” as snacks—milk or fruit juice, cut-up fruit, vegetable sticks, strips of cooked meat or poultry, whole-grain crackers and peanut butter, half a sandwich, and so forth.
- Parents and other adults can be a big influence by modeling healthy food choices and an active lifestyle.

SCHOOL-AGE CHILDREN

- Calorie needs vary widely for elementary school children. They should eat at least the lower number of servings from each of the five major food groups daily.
- Most children will need more calories for growth and activity; they should eat larger portions of foods from the major food groups and some nutritious snacks—the 2,200 calorie pattern.
- Go easy on fatty and sugary foods from the Pyramid tip, such as butter, margarine, salad dressings, candies and soft drinks, but don't forbid them. Have these as occasional treats, not everyday fare.
- Many children gain unwanted weight due to a sedentary lifestyle. Encourage physical activity, including outdoor play, to promote strength and fitness.

TEENS AND YOUNG ADULTS

- Teenagers and young adults to age 24 should have 3 servings of milk, cheese, or yogurt daily to meet their calcium needs. Bone density increases well into the twenties. Eating foods providing adequate calcium to attain maximum bone density is very important in helping prevent osteoporosis and bone fractures in later life.
- If milk is disliked, teens should include yogurts and cheeses as calcium sources. Dark-green leafy vegetables also supply calcium but in much smaller

amounts per serving than dairy products. Calcium-precipitated tofu (check the label) or calcium-fortified soy milks or fruit juices are other alternatives for people who are lactose intolerant.

- Most teenage boys will need to eat the higher number of servings from each food group—the 2,800 calorie pattern. Most teenage girls will probably need the 2,200 calorie pattern—the middle of the ranges of servings—especially when they are active or growing. Teen girls who participate in vigorous sports may need the higher numbers of servings.
- To control weight, encourage physical activity rather than repeated dieting. Eating lowfat foods from the major food groups is a good way to lower calories without cutting vitamins and minerals important for growth and development.

ADULTS

- The lower numbers of servings from each food group—the 1,600 calorie pattern—is about right for sedentary women and some older adults.
- Other adults will need more calories than this, depending on body size and physical activity. Most men will need the middle to upper numbers of servings in the ranges. The lower to middle numbers of servings in the ranges are more appropriate for calorie needs of most women.
- Regular exercise is important for all adults to maintain fitness. It also allows individuals to eat more food to get the nutrients they need without unwanted weight gain.
- Women who are pregnant or breastfeeding should have at least 3 servings of milk, yogurt, or cheese to meet their calcium needs. They should also eat more breads and cereals, fruits, vegetables, and meat and meat alternates—the 2,200 or 2,800 calorie patterns. Physicians may prescribe a multivitamin and mineral supplement as well.

OLDER ADULTS

- Older people vary in their dietary needs. Some eat the same amounts as younger adults; others eat relatively less food.
- The 1,600 calorie pattern (the lowest numbers of servings in the ranges) is about right for many older women; the 2,200 calorie pattern (the middle numbers of servings) is right for many older men.
- Because of difficulties chewing and decreased sensitivity to thirst, many older adults may need to make extra effort to get enough fluids (water, juices, milk, soups) and dietary fiber (vegetables, fruits, and whole-grain breads and cereals).
- Regular physical activity such as walking can help maintain fitness and control weight.
- Nutrient needs of older adults is an area of intense current research. Some nutrients seem to be needed in greater amounts and some in smaller amounts than for younger adults. In particular, older adults who eat less food than the 1,600 calorie pattern should consider taking a vitamin-mineral supplement under the supervision of a physician familiar with current research in geriatric nutrition.

Which Food Group?

In the Food Guide Pyramid, foods are grouped primarily by the nutrients they provide. Typical use of a food in meals and how it was grouped in past guides were also considered. Dietitians should note that the Food Guide Pyramid groups do not match those of the exchange list for diabetics. For example, starchy vegetables such as potatoes, corn, and green peas are grouped with vegetables rather than with breads, cereals, and other grain products.

Subgroups within the major food groups emphasize foods that are particularly good sources of dietary fiber or of certain vitamins and minerals that are low in diets of many Americans. Thus, the Pyramid recommends increased consumption of the subgroups dark-green leafy vegetables, legumes, and whole-grain bread and cereal products. Table 3 lists some food examples in each food group and subgroup.

Some food items can be difficult to classify. For example, grouping of corn products depends on the form in which corn is used: sweet corn is counted as a starchy vegetable; popcorn and cornmeal products such as corn tortillas are counted as grain products; hominy is grouped with starchy vegetables and hominy grits, with grain products. Snack and dessert items such as cakes, cookies, ice cream, french fried potatoes, potato chips, and so forth count with the food group of their major ingredient, e.g., bread, dairy, or vegetable group. However, use of these higher-fat items must be limited to keep total fat intake to the recommended level. Foods that are predominantly fat or added sugars, such as butter, cream cheese, and jams or jellies, are grouped with fats, oils, and sweets rather than with dairy products or fruit.

Dry beans and peas (legumes) can count ~~either~~ as a meat alternate or as a starchy vegetable (they should not be double counted in the same menu). These foods are good sources of protein and other nutrients provided by the meat group, such as iron and zinc, and have long been recommended as inexpensive alternates to meat. Dry beans and peas are also high in carbohydrate and are good sources of vitamins, minerals, and dietary fiber. To increase use of these nutrient-dense foods, the Food Guide Pyramid suggests including dry beans and peas as a vegetable selection several times a week, instead of considering them only as meat alternates.



TABLE 3: VARIETY FROM THE FOOD GROUPS

BREAD, CEREAL, RICE, PASTA

Whole-Grain		Enriched		Grain Products With More Fat and Sugar	
Brown rice	Pumpernickel bread	Bagels	Italian bread	Biscuit	Danish
Buckwheat groats	Ready-to-eat cereals	Cornmeal	Macaroni	Cake (unfrosted)	Doughnut
Bulgur	Rye bread and crackers	Crackers	Noodles	Cookies	Muffin
Corn tortillas	Whole-wheat bread rolls, crackers	English muffins	Pancakes and waffles	Cornbread	Pie crust
Graham crackers	Whole-wheat pasta	Farina	Pretzels	Croissant	Tortilla chips
Granola	Whole-wheat cereals	Flour tortillas	Ready-to-eat cereals		
Oatmeal		French bread	Rice		
Popcorn		Grits	Spaghetti		
		Hamburger and hot dog rolls	White bread and rolls		

FRUITS

Citrus, Melons, Berries			Other Fruits		
Blueberries	Honeydew melon	Strawberries	Apple	Guava	Pineapple
Cantaloup	Kiwifruit	Tangerine	Apricot	Grapes	Plantain
Citrus juices	Lemon	Watermelon	Asian pear	Mango	Plum
Cranberries	Orange	Ugli fruit	Banana	Nectarine	Prickly pear
Grapefruit	Raspberries		Cherries	Papaya	Prunes
			Dates	Passion fruit	Raisins
			Figs	Peach	Rhubarb
			Fruit juices	Pear	Star fruit

VEGETABLES

Dark-Green Leafy			Deep Yellow	Starchy	
Beet greens	Dandelion greens	Romaine lettuce	Carrots	Breadfruit	Lima beans
Broccoli	Endive	Spinach	Pumpkin	Corn	Potato
Chard	Escarole	Turnip greens	Sweet potato	Green peas	Rutabaga
Chicory	Kale	Watercress	Winter squash	Hominy	Taro
Collard greens	Mustard greens				

Dry Beans and Peas (Legumes)		Other Vegetables			
Black beans	Lima beans (mature)	Artichoke	Cauliflower	Green pepper	Snow peas
Black-eyed peas	Mung beans	Asparagus	Celery	Lettuce	Summer squash
Chickpeas (garbanzos)	Navy beans	Bean and alfalfa sprouts	Chinese cabbage	Mushrooms	Tomato
Kidney beans	Pinto beans	Beets	Cucumber	Okra	Turnip
Lentils	Split peas	Brussels sprouts	Eggplant	Onions (mature and green)	Vegetable juices
		Cabbage	Green beans	Radishes	Zucchini

TABLE 3: VARIETY FROM THE FOOD GROUPS (CONTINUED)

MEAT, POULTRY, FISH, AND ALTERNATES

Meat, Poultry, and Fish				Alternates	
Beef	Ham	Pork	Veal	Eggs	Peanut butter
Chicken	Lamb	Shellfish	Luncheon meats, sausage	Dry beans and peas (legumes)	Tofu
Fish	Organ meats	Turkey		Nuts and seeds	

MILK, YOGURT, AND CHEESE

Lowfat Milk Products		Other Milk Products with More Fat or Sugar			
Buttermilk	Lowfat or nonfat plain yogurt	Cheddar cheese	Frozen yogurt	Ice milk	Swiss cheese
Lowfat cottage cheese	Skim milk	Chocolate milk	Fruit yogurt	Process cheeses and spreads	Whole milk
Lowfat milk (1% and 2% fat)		Flavored yogurt	Ice cream	Puddings made with milk	

FATS, SWEETS, AND ALCOHOLIC BEVERAGES

Fats		Sweets			Alcoholic Beverages
Bacon, salt pork	Mayonnaise	Candy	Jam	Popsicles and ices	Beer
Butter	Mayonnaise-type salad dressing	Corn syrup	Jelly	Sherbets	Liquor
Cream (dairy, nondairy)	Salad dressing	Frosting (icing)	Maple syrup	Soft drinks and colas	Wine
Cream cheese	Shortening	Fruit drinks	Marmalade	Sugar (white and brown)	
Lard	Sour cream	Gelatin desserts	Molasses		
Margarine	Vegetable oil	Honey	Table syrup		

What Counts as a Serving?

Four factors were considered in defining serving sizes for the Food Guide Pyramid: amounts typically reported in food consumption surveys, comparable nutrient content to other food items in the food group, easy-to-recognize household units, and serving sizes used in previous food guides.

Serving sizes specified by the Food Guide Pyramid (table 1) represent unit quantities that consumers can use to estimate the amount of a food they eat. The guide is intended for healthy people, not for those on a prescribed diet, so consumers are not expected to weigh or measure their food. For ease of use, the number of different serving sizes for foods in each food group was kept to a minimum. (For example, the serving size for all fruit juices is 3/4 cup, rather than varying from 1/3 to 3/4 cup based on carbohydrate content of the specific juice, as in the diabetic exchange system.)

For most food groups, the amount to count as a serving is comparable to the amount typically reported in food consumption surveys—for example, 1/2 cup of cooked vegetable, or 1 cup of leafy raw salad greens. For foods in the bread group, portions typically reported (e.g., 1 cup of rice or pasta, 1 whole hamburger bun) more nearly equate to 2 servings from the Food Guide Pyramid. For this group, the familiar serving size used in previous guides [e.g., 1 slice of bread (1 oz.) or 1/2 cup of rice or pasta] was retained for the Food Guide Pyramid.

For meat, poultry, and fish, the portion sizes reported in surveys vary widely depending on the type of meat and the eating occasion. For example, dinner portions are typically 3 ounces or more, while amounts used in a sandwich are 1 to 2 ounces. Common portions of meat alternates, such as 1 egg, or 2 tablespoons of peanut butter, or 1/2 cup of cooked dry beans or peas, are equivalent in protein and most vitamins and minerals to 1 ounce of lean meat. Thus, the Food Guide Pyramid suggests that the 2 to 3 servings from the meat group should be 5 to 7 ounces per day. For example, a person might have an egg for breakfast, 2 ounces of meat in a sandwich for lunch, and a 3-ounce portion of meat for dinner, for a total equivalent to 6 ounces from the meat group for the day.

For foods in the Fats, Oils, and Sweets category, no serving size or numbers of servings are listed. The amounts of these foods that can be included depend on the fat and added sugars provided as part of the specific food items selected from the major food groups. For example, a medium croissant counts as 2 servings from the bread group but provides 12 grams of fat, as compared with 2 grams of fat provided by 2 slices of plain bread. Thus, if a croissant is selected, the amount of spreads and dressings used should be reduced to compensate for the extra fat provided by the croissant (equivalent to about 2 teaspoons of butter or margarine) to keep total fat in the menu to the targeted level shown in table 2.

The following are some ways to help consumers estimate servings when using the food guide.

(Note that for grain products, fruits, and vegetables, precision in estimating serving sizes is not necessary; a major objective is to encourage increased consumption of a variety of foods from these groups and to demonstrate that amounts suggested by the Food Guide Pyramid are realistic, not excessive. More attention should be given to serving sizes of foods that may contribute significant amounts of fat—meats, dairy products, and table spreads and dressings—and fats used in food preparation.)

FOOD LABEL SERVING SIZES vs. FOOD GUIDE PYRAMID SERVING SIZES—WHY DO THEY DIFFER?

The serving sizes in the food guide and on food labels serve different purposes. In the food guide, only a few serving sizes are specified for each food group, using simple, memorable household units. People are to use the serving size amounts to visually estimate the amount of food they are eating.

To promote consumers' ability to compare nutrition information on similar products, food label regulations specify reference serving amounts for 184 product categories. Information on the Nutrition Facts panel must be based on the serving size declared on the label. Serving sizes on food labels must also be expressed in consumer-friendly household units—cups, ounces, or pieces, as well as gram weights.

In many cases the serving sizes are similar on labels and in the food guide, especially when expressed as household measures. For foods falling into only one major food group (e.g. canned vegetables, fruit juices, breads or cereals), the household measures provided on the label can help the consumer relate the label serving size to the food guide serving size. For mixed dishes, food guide serving sizes may be used to visually estimate the food item's contribution to each food group as the food is eaten—for example, the amounts of bread, vegetable, and cheese contributed by a portion of pizza.

In both cases—food guide and nutrition label—it's important to remember that the "serving size" is a unit of measure and may not be the portion an individual actually eats.

- Demonstrate what the serving size quantities look like. For example, measure 1/2 cup of cooked vegetable, rice, or pasta onto a plate; or 1 cup of leafy salad greens in a bowl. Pour 1 cup (8 fl. oz.) of beverage into a glass.
 - If a portion is larger than the listed serving size, count it as more than 1 serving; for example, count 3/4 cup of cooked vegetable as 1-1/2 servings.
 - If a portion is smaller than the listed serving size, count it as part of a serving; for example, count 1/4 cup of cooked vegetable as 1/2 serving. Generally, do not count amounts less than 1/4 serving (e.g., less than 2 tablespoons of cooked vegetable).
 - For mixtures of several fruits or vegetables (for example, fruit cocktail, peas and carrots, or vegetables in a stew), estimate the amount of total fruit or vegetable rather than try to separate the types.
- Point out the serving size listed on the Nutrition Facts panel of the food label. The serving size listed on the label is not always the same as that specified in the food guide (food label regulations specify allowable serving sizes for a large number of product categories and package sizes), but it must be listed in household units that can often be readily converted to food guide servings.
- Relishes and condiments: Vegetables and fruits used in very small quantities as relishes or condiments, such as catsup, pickles, and so forth, are not counted as food group servings. But note that these foods can contribute significant amounts of sodium, especially if used often. Items such as avocados and olives can contribute significant amounts of fat.

Items such as salsas that are often used in larger quantities (1/4 cup or more) than condiments can count toward food group servings.
- Fats, oils, and sweets: Emphasize the need to watch the quantities of spreads and dressings used in food preparation or at the table. Small amounts of these foods from the Fats, Oils, and Sweets group can contribute significant amounts of fat or added sugars. For example, 1 teaspoon of butter or margarine contributes 4 grams of fat (about 34 calories); 1 teaspoon of sugar, syrup, jam, or jelly counts as 1 teaspoon of added sugars (about 15 calories).

TABLE 4. COUNTING FOOD GROUP SERVINGS IN RECIPES

Recipe	Portion Size	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat ¹ grams	Calories ¹
MAIN DISHES								
Savory Sirloin	3 ounces					3	5	129
Creole Fish Fillets	3 oz fish; 1/2 cup sauce		1			3	1	131
Apricot-Glazed Chicken	3 oz chicken			1/2		3	2	212
Pork and Vegetable Stirfry with Rice	2 cups	1-1/2	1			3	9	370
Taco Salad	1 salad	3/4	1-1/2		1/2	2-1/2	19	455
Chili Potato	1 potato		1-1/2			2-1/2	9	397
Breakfast Pita Sandwich	1	1	1/4			1/2	6	171
Tuna and Sprouts Sandwich	1	2				1-1/2	4	202
Turkey Pasta Salad	1-1/4 cups	1		1/2		2	6	264
Lentil Stroganoff with Noodles	2-1/4 cups	1-1/2	1-1/4		1/4	2	5	520
Split Pea Soup	1 cup		1/2			1-1/4	2	218
Turkey Patty	1 patty					1-1/2	6	123
VEGETABLES								
Corn and Zucchini Combo	1/2 cup		1				2	76
Spinach-Orange Salad	1 cup		1-1/2	1/2			7	108
Confetti Coleslaw	1/2 cup		1					36
BREADS AND GRAINS								
Whole-Wheat Cornmeal Muffins	1	2					4	129
Whole-Wheat Pancakes	2	2					4	172
Rice-Pasta Pilaf	3/4 cup	1-1/2	1/4				5	203
DESSERTS								
Lemon Pound Cake	1/2" slice	3/4					8	193
Peach Crisp	1/2 cup	1/2		3/4			4	153
Chocolate Mint Pie	1/8 8" pie	1/2			1/4		6	176
Yogurt-Strawberry Parfait	1 cup			1	1/2		2	128
MISCELLANEOUS								
Blueberry Sauce	4 Tbsp.			1/3			trace	33

¹ Fat and calories have been rounded to the nearest whole number. These values may differ from those on recipes in this publication due to rounding.

TABLE 5. COUNTING FOOD GROUP SERVINGS IN 1 DAY'S MENU AT 2,200 CALORIES

Recipe	Bread	Vegetable	Fruit	Milk	Meat oz.	Fat ¹ grams	Calories ¹
BREAKFAST							
Medium grapefruit, 1/2			1			trace	41
Medium banana			1			1	108
Ready-to-eat cereal flakes, 1 ounce	1					trace	111
Toasted raisin english muffin	2					1	138
Soft margarine, 2 teaspoons						8	68
Skim milk, 1/2 cup				1/2		trace	43
LUNCH							
* Taco salad, 1 serving unsalted tortilla chips tomato puree and greens lowfat, low-sodium cheddar cheese beef and beans	3/4	1-1/2		1/2	2-1/2	19	455
Medium gingersnaps, 2	1					2	101
DINNER							
* Pork and vegetable stirfry, 1 serving rice vegetables pork	1-1/2	1			3	9	370
Cooked broccoli, 1/2 cup		1				trace	26
Small white rolls, 2	2					3	167
Soft margarine, 2 teaspoons						8	68
Minted pineapple chunks, juice-pack, 1/2 cup			1			trace	75
SNACKS							
Wheat crackers, 6	1					4	86
Cheddar cheese, 1-1/2 ounces				1		14	171
Turkey sandwich, 1/2 rye bread turkey lettuce leaf mayonnaise-type salad dressing, reduced-calorie, 1/2 tablespoon	1				1	4	137
No-salt-added tomato juice, 3/4 cup		1				trace	31
Total	10-1/4	4-1/2	3	2	6-1/2	73	2,196

¹ Values for fat and calories may not add up to those in Table 8 and Tables A-7 through A-11 due to rounding of values for individual menu items.

* Recipes included in Appendix 2.

Counting Food Group Servings from Mixed Dishes and Recipes

Many foods Americans eat are mixtures of foods from several food groups—pizza, beef stew, and macaroni and cheese, for example. Even items such as rice pudding or fruit cobblers are foods that can count as partial servings of more than one food group.

Here are some suggestions to help your audience estimate food group servings contributed by mixtures:

- For a mixed main dish that is familiar and popular with your audience, have them identify the major food group components and then estimate the amounts of these. For example, about how much pasta, how much vegetable sauce, and how much meat are in a portion of lasagna? The more familiar with food preparation your audience is, the better their estimates will be.
- Take apart a frozen plate dinner or entree. Show how to use information on the food label for a start: the ingredient label lists the ingredients from most to least by weight; the Nutrition Facts panel lists the calories and grams of fat per serving of the item.

Most frozen dinners or entrees provide only 300 to 500 calories. They typically include about 2 to 2-1/2 ounces of meat and 1 to 1-1/2 servings (1/2-3/4 cup) of vegetables. The amount of grain product such as rice or noodles varies more, with some containing less than 1 serving (1/2 cup) and others containing more than a serving.

- Show how to determine the number of food group servings per portion of a recipe for a mixed dish. Using the ingredients and amounts listed in the recipe, determine the total number of servings of each food group in the recipe and divide by the number of portions the recipe makes. Remember that food guide serving sizes are based on food "as eaten"—that means all the meat is cooked and trimmed, not raw.

For your reference, appendix 1 provides more detailed suggestions for counting food group servings in recipes, including tables indicating yields of cooked lean meat from various cuts of raw meats. Appendix 1 also has more detailed lists of amounts to count as a serving for various forms of foods in each food group.

Table 4 lists 23 recipes developed for this publication and the numbers of food group servings per portion for each recipe. Recipes are included in appendix 2. The recipes illustrate the suggestions for counting servings (appendix 1) and are used in the menus described in sections III and IV to show contribution of mixed dishes to food group servings for the day. Additional criteria for developing the recipes are discussed in section V.

Counting Food Group Servings in 1 Day's Menu

Many people may feel more comfortable using the food guide when they see how the suggested food patterns translate into everyday menu selections. Appendix 3 contains 15 tables (tables A-12 to A-26) of menu examples (five menus at each of three calorie levels) that show how food group servings add up in a day's menu. These tables illustrate how larger portions, mixed dishes, and desserts and snacks contribute to food group servings. The menus also illustrate principles of balance, whereby higher-fat menu items are balanced by those lower in fat, to keep total fat intake moderate.

As an example, table 5 shows how food group servings add up in 1 day's menu at 2,200 calories. Note the following points:

- A larger portion of a food item counts as more than 1 serving. For example, the whole toasted raisin english muffin at breakfast counts as 2 servings from the bread group. A smaller portion counts as part of a serving—the 1/2 cup of skim milk at breakfast counts as 1/2 serving from the milk group.
- Mixed dishes count as partial servings from several food groups. In this menu, the *Taco Salad* and *Pork and Vegetable Stirfry* each count toward servings of 3 or 4 food groups.
- Desserts and snacks contribute to food group servings. In this menu, plain cookies (gingersnaps), fruit (pineapple chunks for dessert at dinner), crackers, cheese, vegetable juice, and a half-sandwich contribute substantially to food group servings and nutrient intake for the day.
- The relatively high-fat entree at lunch (*Taco Salad*) and the cheese for snack are balanced by a lowfat breakfast, a lowfat entree for dinner (*Pork and Vegetable Stirfry*), and selection of fruit and lower-fat cookies for desserts.
- Reduced-fat and reduced-salt/sodium products can also help keep fat and sodium levels in check. This menu uses lowfat, low-sodium cheese, and unsalted tortilla chips in the *Taco Salad*, low-calorie mayonnaise-type dressing in the turkey sandwich, and no-salt-added tomato juice.

This menu slightly exceeds the numbers of servings in the 2,200 calorie pattern for the bread group, vegetable group, and meat/meat alternates but provides the target level of fat and calories. The beans in the *Taco Salad* were counted as a meat alternate but could have been counted as a vegetable serving instead. Thus, exceeding the 6 ounces from the meat group did not create a problem in terms of fat and saturated fat content of the menu.

In order to keep calories to the target level, sources of added sugars in this menu are limited to the cookies at lunch. The additional servings of bread, vegetables, and beans provide extra calories from carbohydrate. To include more added sugars in the menu, one could omit one of the small rolls at dinner and substitute a serving of gelatin dessert or sherbet, or use pineapple canned in syrup instead of juice as specified in this menu.

To help your audience practice using the food guide to plan or evaluate their day's food choices, you may want to try the following activities:

- Choose a menu example from appendix 3 to discuss, as above.
- Choose a second menu example, and have your audience estimate the numbers of food guide servings contributed by each item. Compare their estimates to those in the example table, and discuss any questions or differences.
- Using the blank form in the back of appendix 3, have your audience suggest a day's menu or do a 24-hour recall. List menu items and estimate food group servings, fat, and calories from each. Compare totals to food patterns suggested by the Food Guide Pyramid and have your audience discuss possible changes to make the menu more healthful.

Food Shopping Tips

6

Healthy eating doesn't mean giving up favorite recipes or spending more on food. It does require some planning so that food choices are balanced. When making a shopping list, consider:

- the amount of storage space available
- the shelf life of staples such as crackers, flours, and cereals
- size of packages—buying the larger size will not be cost effective if the food item can't be used before it becomes stale or rancid (see the box on food storage and food safety, page 42).

A list of staples and shopping lists needed to prepare the menus and recipes featured in this publication are in appendix 4. The staples in the pantry, refrigerator, and freezer are basic food items or ingredients that allow reasonably priced, healthful meals and snacks to be prepared without making last minute trips to the store. Amounts of foods or ingredients to purchase have not been listed because household size varies and the specific amounts of food needed will depend on age, sex, and activity level of family members. (Menus for three calorie levels are included in this publication.)

Food items on the shopping lists are grouped by food group. Seasonal fruits such as fresh strawberries and melons have been included on the menus to show a variety of fruits. Substitutes may be needed for foods that are not readily available or reasonably priced. The roast beef and turkey breast used in the sandwiches were considered to be left over from previous meals. These can be purchased as deli-sliced meats if not on hand.



MORE MENU PLANNING TIPS

Consider time commitments and cooking skills:

- If there is little time to prepare food during the week, do batch cooking on the weekends and freeze for use later. Consider roasting a beef roast or turkey on the weekend. Both of these items require little attention while cooking, and they can be used for sandwiches or in other dishes later in the week.
- Make one-pot meals such as stews or hearty soups. These reduce the number of pots and pans that have to be washed.
- Packaged fresh precut vegetables or vegetables from the salad bar are convenient and may be more cost-effective than buying lots of salad vegetables that would take several days to eat.

For economy as well as good nutrition, build main dishes around pasta or grains such as rice, bulgur, or couscous, with moderate amounts of meat, poultry, fish, or meat alternates.

- One pound of raw, boneless, lean meat or poultry will usually yield about four 3-ounce servings when cooked. (See table A-1 for additional guidelines on yields of various foods.)
- For a hearty, low cost main dish, try using cooked dry beans, peas, or lentils. See the recipes for *Split Pea Soup* and *Lentil Stroganoff* in Appendix 2.

Fig bars were listed with the staples to keep in a pantry because they are examples of lower-fat store-bought cookies.

Appendix 4 also includes an index that lists all the foods in the 5 days' menu by food group, with reference to where they are used in the menus or recipes. The index can be used for ideas for foods to include when planning menus.

Tips on Using Food Label Information

New food labeling regulations require food companies to provide nutrition and ingredient information on almost all packaged foods. Nutrition information on fresh fruits and vegetables will be provided at point of purchase. Other materials listed in the resource section of this publication provide more information on using the new nutrition label.

For the purpose of using the food guide to plan menus, three key areas of the label deserve attention:

- **INGREDIENT LIST:** Ingredients in a product are listed by weight, from most to least.

- This list can help identify the food group to which the item belongs, if not already obvious.

For example, a prepared tapioca pudding listing **INGREDIENTS:** Non-fat milk, water, sugar,...” would be grouped with Milk, Yogurt, Cheese.

- This list will also help identify the major foods and their relative amounts in a mixed dish.

For example, a “beef stew” with **INGREDIENTS:** Gravy, carrots, beef,...” would have less meat than a “beef stew” with **INGREDIENTS:** Beef, carrots, gravy,...”

- **SERVING SIZE:** The serving size is listed in the Nutrition Facts panel of the package label. It may not be the same as the serving size for the food group in the Food Guide Pyramid, but it must be listed in a household measure so it can be readily converted to food guide servings.

For example, the “Serving Size” listed on a bottle of vegetable juice is 1 cup (8 fl. oz.), the reference serving amount for all beverages specified in food label regulations. In the Food Guide Pyramid, 3/4 cup (6 fl. oz.) counts as a serving. So the serving listed on the vegetable juice label is equal to 1-1/3 servings from the Food Guide Pyramid.

- **CALORIES, FAT (GRAMS), SATURATED FAT (GRAMS), SODIUM (MILLIGRAMS):**

These are listed in the Nutrition Facts panel. The values represent amounts of these components in the serving size listed on the label. Remember, the portion an individual eats may be more or less than the serving size on the label. If so, these values must be adjusted accordingly.

For example, 1 serving (1 cup) of vegetable juice provides 885 mg of sodium, as listed in the Nutrition Facts panel on the label. Thus a 3/4-cup portion of this vegetable juice would provide 664 mg of sodium.



FOOD STORAGE AND FOOD SAFETY

Proper storage of staples and perishable food items will help retain their nutritional quality and prevent food-borne illness. Here are a few storage and food safety tips:

- Store canned foods in a cool place away from sun light, below 70° F but above freezing.
- Rotate foods in the pantry or refrigerator to ensure that the older foods are used first.
- Store staples such as flour, cornmeal, sugar, and cereal in airtight containers to prevent bug infestation. Store whole-grain flours at room temperature for a short time; refrigerate or freeze for longer storage.
- Store frozen foods in airtight containers in a freezer kept at or below 0° F. See freezer manufacturer's food storage guide for length of time to freeze various foods.
- Keep refrigerator temperature at or below 40° F for safe storage of foods.
- The U.S. Department of Agriculture's 1994 safe handling instructions for meat and poultry are:
 - Keep refrigerated or frozen. Thaw in a refrigerator or use a microwave oven to defrost.
 - Keep raw meat and poultry away from other foods. Wash working surfaces including cutting boards, utensils, and hands after touching raw meat or poultry.
 - Cook thoroughly or until the center of the meat is no longer pink and the juices in the cooked meat run clear.
 - Keep hot foods hot. Refrigerate leftovers immediately or discard.

APPENDIX C

HOMELESS PEOPLE: HOW CAN WE MEET THEIR FOOD NEEDS?

The Digest

Public Health Nutrition Practice Group

■ The American Dietetic Association

Summer 1997

Homeless People: How can we meet their food needs?

Food security is a basic right of all human beings. From the beginning, we have known that referring people to a food shelf would not eliminate hunger, but only temporarily relieve it. Access to food of high nutritional value, which is also culturally acceptable, is the most basic step for achieving and maintaining health.

Factors Which Affect Food Selection/Adequacy

In our need to provide food, shelter and other basic needs of homeless individuals, we often fail to factor in the many aspects which strongly influence an individual's willingness to accept and eat offered foods. Cultural food practices strongly influence food selection and acceptance. Even if food is available, if it is not familiar (in terms of taste and food preparation method) it may remain uneaten. Culture, beliefs, assumptions, customs and values all impact food choices.

A good example of this is the following scenario:

Everyone wants to help somebody less fortunate ... however the lives and cultures of volunteers and workers and those of the recipients are

vastly different --- the middle class American culture and the culture of poverty. Not to mention the fact that the majority of the volunteers are often white and many of the recipients are from minority groups. Conflicting expectations and attitudes are a natural result.

The scene at a hot meal site....

Some might interpret this scene as being the "poor and homeless" who have assembled to eat and who are being served by the middle class. They think that "the poor" should be grateful to eat whatever they are served, right? "The poor" should recognize and appreciate the

hospitality of those making such a big effort to provide food.

In reality...

People who attend hot meal sites are aware that they have no choice. They are dependent on someone else for one of life's basic needs --- food. Being served a nice meal doesn't seem like a privilege; it's another part of living from hand to mouth. Foods thought to be a nice treat may not be familiar to people who have struggled all their lives just to get some basic food on the table, or who are from a different ethnic group.

The voice of the hungry person ...

Voicing a complaint about the food being served is a cry for dignity --- another way of saying "I have a choice, I am not so hungry that I have to eat what someone else has decided I should eat". Most people want a say in what they will eat and how much they will eat. When a person

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Please turn to page 2

Homeless Nutrition

continued from page 1

periodically or over a long period is denied adequate and/or preferred food, irrational choices often result. A person with only \$10 for food, needing to last 2 weeks, may use the full amount on a pizza knowing the money won't last 2 weeks anyway. This may look like bad planning to someone with greater resources, while the person at the end of his food dollars sees this as taking control and then waiting for the hunger to come. At least he used the money for something he or she likes instead of less expensive items that do not satisfy. Studies of food purchasing and food waste comparing low- and no-income people with middle class people have shown that the lower income people make much better use of their food dollars than the more affluent.

Nutritional Needs of Homeless Individuals

Better understanding of some of the cultural practices which influence food acceptance can help us plan better strategies for addressing the nutritional needs of homeless individuals more successfully. Public health providers working in settings serving special population groups (homeless, HIV, public housing, etc.) often are required to wear many different hats during the course of a single day. This is especially true when resources

are extremely limited, as is frequently the case. Simply doing the job for which we were trained is no longer enough or even acceptable in most settings.

A major public health concern for homeless people is whether or not they are getting enough to eat, and what the nutritional quality of their diet is. This is further compounded by the special nutritional needs of women, especially pregnant women, infants and children. A review of several recent studies on this issue indicate that the diets of homeless individuals overall are often nutritionally inadequate. Studies on homeless women and children indicate all subjects were consuming less than half the RDA for: iron, zinc, magnesium and folacin on a daily basis. In addition, the adults were consuming less than 50% of the RDA for calcium. Simi-

larly homeless males had diets low in: calcium, zinc, B-6 and energy (overall calories). At the same time, these diets were found to be frequently high in fat, cholesterol and sodium which can contribute or compound chronic diseases such as heart disease, high blood pressure, diabetes and obesity. In an attempt to provide sufficient calories, and fill a person, foods such as gravy, butter/margarine and other high fat foods are added

to foods in feeding programs. In addition, these foods still fail to provide the missing vitamins and minerals. Diets which are inadequate in essential nutrients such as vitamins and minerals, put the homeless individual at risk for an increased incidence of illness and chronic conditions. Pregnant women, children and individuals with compromised health status are especially vulnerable.

Though homeless people receive their food from many sources, including shelters, drop-in centers, fast food restaurants and garbage bins; shelters and drop-in centers are the primary places where food choices can be influenced and nutritional quality controlled.

In order to determine the individual nutritional needs of this population in a consistent manner, a screening tool was developed

Food Security Requires:

❖ Knowledge

❖ Access

❖ Choices

to provide a quick overview and a place to begin counseling. If needs for shelter, urgent health care or other needs have not been met, nutrition counseling will not be successful. (See camera-ready copy in this issue).

Meeting Nutritional Adequacy with Limited Resources:

Imagine the following scenarios:

- A 2 month old infant

Please turn to page 3

Homeless Nutrition

continued from page 2

with only enough formula for 2 more bottles and no money to buy any more ---

- A pregnant woman, living on the streets, and having nothing to eat for 3 days ---

- A mother with 3 children who never has enough food stamps or money to last through the month ---

- A child who is anemic and underweight and won't eat at the only times meals are available at your shelter ---

Access to food of high nutritional value is the most basic step for achieving and maintaining health. Assessing the individual situation and then determining which food programs might be of most benefit is the first step. Since food stamps do not provide enough money for adequate food for a month, participating in other programs means preserving scarce cash for rent and other needs or the difference between meeting basic food needs or not.

Accessing programs such as WIC and FareShare can stretch the dollars to ensure both shelter and food needs are met. Once access to food is secure, nutritional value and special needs can be addressed more concretely. Dealing with issues of weight gain, special dietary issues of pregnancy, under weight in children, anemia, diabetes, hypertension and overweight then become reasonable.

Now Imagine the Health Care Provider Has:

- Certified, or made an immediate referral for the infant to WIC and the mother has vouchers for infant formula which can be obtained immediately.

- Referred the pregnant woman to a shelter for emergency housing, with a schedule of the meals and a WIC appointment the next day to receive special vouchers for supplemental foods for a homeless pregnant woman.

- Scheduled a MAC (Mothers and Children Commodity Foods Program) appointment for the child, provided directions to the mother for a summer food site for free weekday lunches for all 3 children all summer, and provided information to the mother on how to enroll in FareShare.

- Provided strategies to the mother for dealing with meal and snack times, including non-perishable, child-size foods and a list of foods high in iron.

As you can see from these examples, simply providing the food or information might not be enough. Often times, it takes more exploration of the individuals concerns or needs to resolve the problem. Shelters and food sites which are suitable for children can provide additional issues. Portion sizes, food preparation and presentation all play a strong role in food acceptance.

Simply certifying a child or pregnant woman for WIC is only the first step. If the woman is lactose intolerant and does not drink milk, then those vouchers will be wasted. If no resources are available for storing foods needing refrigeration, then providing vouchers for larger amounts of cheese, milk and eggs might be a problem and the food is not used. Bringing about changes in food availability to homeless people requires a variety of approaches, from behind-the-scenes to very direct advocacy. Simply talking about food and diet will not achieve this change.

"Eating Well Without A Refrigerator", the camera-ready copy in this issue of the newsletter as well as the "Nutrition Screening Tool for Homeless," have been provided to assist you in providing nutrition counseling to this population.

Looking at this list, these items seem pretty simplistic. However, if a little thought is put into combining foods, nutritional needs can be met. Although hot foods often play an important role in food satiety and feelings of comfort, it is not necessary to have a "hot" meal to meet needs.

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For each statement below, circle YES for those that apply and NO for those that do not.

1. I don't always have the money to buy the food I need. Yes No
2. I eat less than 2 times a day. Yes No
3. I eat meat and other proteins like beef, poultry, peanut butter, dried beans, etc. less than once a day. Yes No
4. I eat breads, cereals, rice, pasta, etc. less than 2 times a day. Yes No
5. I eat fruits or vegetables or drink juice less than 2 times a day. Yes No
6. I drink/eat milk products like milk, cheese, yogurt, etc. less than 2 times a day. Yes No
7. I do not have any place to cook or to keep my foods cold. Yes No
8. I have 3 or more drinks of beer, liquor or wine almost every day. Yes No
9. I smoke cigarettes, cigars, or chew tobacco everyday. Yes No
10. I often do not feel like eating, food shopping or cooking. Yes No
11. I have tooth or mouth problems that make it hard for me to eat. Yes No
12. I have one or more of the following: *(check all that apply)*
☐ Diarrhea ☐ Nausea ☐ Heartburn ☐ Bloating
☐ Vomiting ☐ No/Poor Appetite ☐ Feel Tired
13. I have been told that I have anemia. Yes No
14. I have to watch what I eat because of a health problem like: *(check all that apply)*
☐ Diabetes ☐ High Blood Pressure ☐ Kidney/Liver Problems ☐ HIV
15. I get about \$_____ of money a month to spend.
16. I spend about \$_____ on housing/shelter every month.
17. I spend about \$_____ on food every month.
18. I receive food from the following food programs: *(check all that apply)*
☐ Food Stamps ☐ Soup Kitchen
☐ Food Pantry/Food Bank ☐ WIC
☐ Fare Share ☐ Summer Food Program
☐ MAC (Mothers and Children Commodity Food Program)
☐ Other (s): _____



Eating Well Without a Refrigerator

No Place To Cook? Try



Breads, bagels, tortillas, rolls

Cereals - especially single serve packets which transport easily and are more acceptable to a child (dry cereals, oatmeal)

Crackers - all types including peanut butter crackers

Pasta



Milk - canned, evaporated, single serve fresh, or aseptic (Parmalat)

Cheese - hard cheeses which keep well (Cheddar, Swiss, etc.)

Yogurt/Pudding cups (single-serve, non-refrigerated type)

Cottage cheese (small or single serve size)

Hard-cooked eggs



Tuna/chicken (canned, single portion)

Sardines, salmon (canned)

Peanuts, peanut butter

Beans, canned (baked beans, pinto, kidney, black, etc.)

Fruits and Veggies

Fresh

Canned

100% fruit juice

Dried fruits

Fruit cups (single serve)



Dried Soups (cup-a-soup, noodle soups, bean soups)

Graham crackers, plain cookies

Jell-o cups

Instant breakfast

APPENDIX D

NUTRITION AND YOUR HEALTH: DIETARY GUIDELINES FOR AMERICANS

Nutrition and Your Health: Dietary Guidelines for Americans

Introduction

Eat a variety of foods

Balance the food you eat with physical activity -- maintain or improve your weight

Choose a diet with plenty of grain products, vegetables, and fruits

Choose a diet low in fat, saturated fat, and cholesterol

Choose a diet moderate in sugars

Choose a diet moderate in salt and sodium

If you drink alcoholic beverages, do so in moderation

Acknowledgements and Additional Information on Nutrition

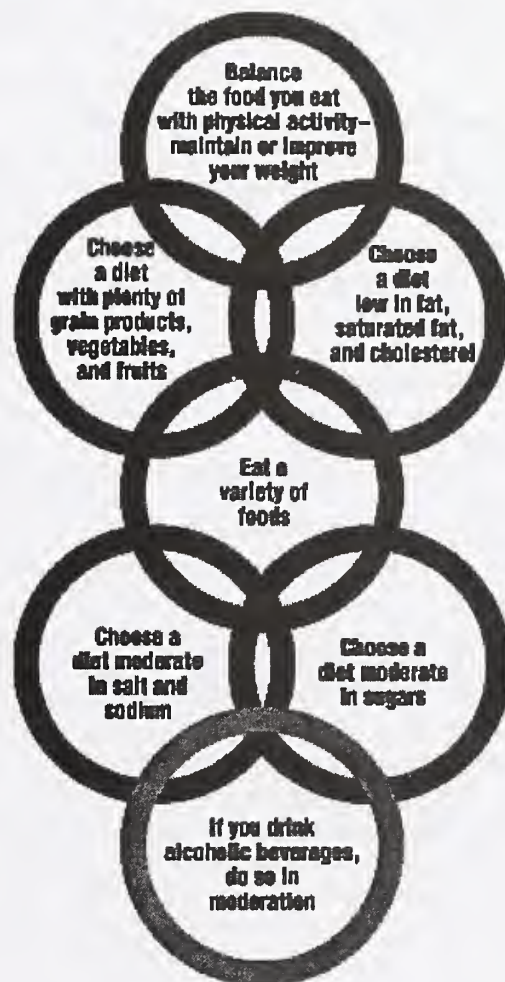
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Dietary Guidelines for Americans

-  **Eat a variety of foods** *page 5*
-  **Balance the food you eat with physical activity—maintain or improve your weight** *page 15*
-  **Choose a diet with plenty of grain products, vegetables, and fruits** *page 22*
-  **Choose a diet low in fat, saturated fat, and cholesterol** *page 26*
-  **Choose a diet moderate in sugars** *page 33*
-  **Choose a diet moderate in salt and sodium** *page 36*
-  **If you drink alcoholic beverages, do so in moderation** *page 40*

Nutrition and Your Health: Dietary Guidelines for Americans

What should Americans eat to stay healthy?

These guidelines are designed to help answer this question. They provide advice for healthy Americans age 2 years and over about food choices that promote health and prevent disease. To meet the *Dietary Guidelines for Americans*, choose a diet with most of the calories from grain products, vegetables, fruits, lowfat milk products, lean meats, fish, poultry, and dry beans. Choose fewer calories from fats and sweets.

Eating is one of life's greatest pleasures

Food choices depend on history, culture, and environment, as well as on energy and nutrient needs. People also eat foods for enjoyment. Family, friends, and beliefs play a major role in the ways people select foods and plan meals. This booklet describes some of the many different and pleasurable ways to combine foods to make healthful diets.

Diet is important to health at all stages of life

Many genetic, environmental, behavioral, and cultural factors can affect health. Understanding family history of disease or risk factors—body weight and fat distribution, blood pressure, and blood cholesterol, for example—can help people make more informed decisions about actions that can improve health prospects. Food choices are among the most pleasurable and effective of these actions.

Healthful diets help children grow, develop, and do well in school. They enable people of all ages to work productively and feel their best. Food choices also can help to

reduce the risk for chronic diseases, such as heart disease, certain cancers, diabetes, stroke, and osteoporosis, that are leading causes of death and disability among Americans. Good diets can reduce major risk factors for chronic diseases—factors such as obesity, high blood pressure, and high blood cholesterol.

Foods contain energy, nutrients, and other components that affect health

People require energy and certain other essential nutrients. These nutrients are essential because the body cannot make them and must obtain them from food. Essential nutrients include vitamins, minerals, certain amino acids, and certain fatty acids. Foods also contain other components such as fiber that are important for health. Although each of these food components has a specific function in the body, all of them together are required for overall health. People need calcium to build and maintain strong bones, for example, but many other nutrients also are involved.

The carbohydrates, fats, and proteins in food supply energy, which is measured in calories. Carbohydrates and proteins provide about 4 calories per gram. Fat contributes more than twice as much—about 9 calories per gram. Alcohol, although not a nutrient, also supplies energy—about 7 calories per gram. Foods that are high in fat are also high in calories. However, many lowfat or nonfat foods can also be high in calories.

Physical activity fosters a healthful diet

Calorie needs vary by age and level of activity. Many older adults need less food, in part due to decreased activity, relative to younger, more active individuals. People who are trying to lose weight and eating little food may need to select more nutrient-dense foods in order to meet their nutrient needs

in a satisfying diet. Nearly all Americans need to be more active, because a sedentary lifestyle is unhealthful. Increasing the calories spent in daily activities helps to maintain health and allows people to eat a nutritious and enjoyable diet.

What is a healthful diet?

Healthful diets contain the amounts of essential nutrients and calories needed to prevent nutritional deficiencies and excesses. Healthful diets also provide the right balance of carbohydrate, fat, and protein to reduce risks for chronic diseases, and are a part of a full and productive lifestyle. Such diets are obtained from a variety of foods that are available, affordable, and enjoyable.

The Recommended Dietary Allowances refer to nutrients

Recommended Dietary Allowances (RDAs) represent the amounts of nutrients that are adequate to meet the needs of most healthy people. Although people with average nutrient requirements likely eat adequately at levels below the RDAs, diets that meet RDAs are almost certain to ensure intake of enough essential nutrients by most healthy people. The *Dietary Guidelines* describe food choices that will help you meet these recommendations. Like the RDAs, the *Dietary Guidelines* apply to diets consumed over several days and not to single meals or foods.

The Dietary Guidelines describe food choices that promote good health

The *Dietary Guidelines* are designed to help Americans choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks. Research has shown that certain diets raise risks for chronic diseases. Such diets are high in fat, saturated fat, cholesterol, and salt and they contain more calories than the body

uses. They are also low in grain products, vegetables, fruit, and fiber. This bulletin helps you choose foods, meals, and diets that can reduce chronic disease risks.

Food labels and the Food Guide Pyramid are tools to help you make food choices

The Food Guide Pyramid and the Nutrition Facts Label serve as educational tools to put the *Dietary Guidelines* into practice. The Pyramid translates the RDAs and the *Dietary Guidelines* into the kinds and amounts of food to eat each day. The Nutrition Facts Label is designed to help you select foods for a diet that will meet the *Dietary Guidelines*. Most processed foods now include nutrition information. However, nutrition labels are not required for foods like coffee and tea (which contain no significant amounts of nutrients), certain ready-to-eat foods like unpackaged deli and bakery items, and restaurant food. Labels are also voluntary for many raw foods—your grocer may supply this information for the fish, meat, poultry, and raw fruits and vegetables that are consumed most frequently. Use the Nutrition Facts Label to choose a healthful diet.

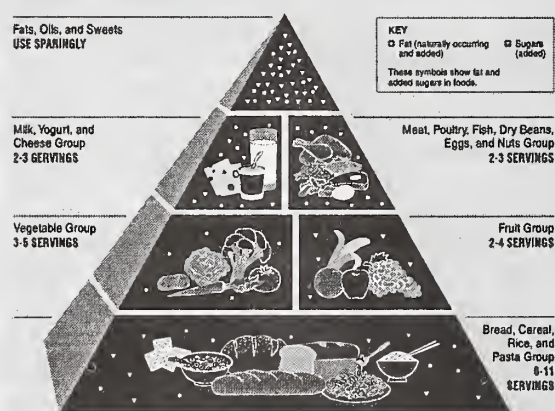
Eat a variety of foods

To obtain the nutrients and other substances needed for good health, vary the foods you eat

Foods contain combinations of nutrients and other healthful substances. No single food can supply all nutrients in the amounts you need. For example, oranges provide vitamin C but no vitamin B₁₂; cheese provides vitamin B₁₂ but no vitamin C. To make sure you get all of the nutrients and other substances needed for health, choose the recommended number of daily servings from each of the five major food groups displayed in the Food Guide Pyramid (figure 1).

FIGURE 1

FOOD GUIDE PYRAMID



Use foods from the base of the Food Guide Pyramid as the foundation of your meals

Americans do choose a wide variety of foods. However, people often choose higher or lower amounts from some food groups than suggested in the Food Guide Pyramid. The Pyramid shows that foods from the grain products group, along with vegetables and fruits, are the basis of healthful diets. Enjoy meals that have rice, pasta, potatoes, or bread

BOX 1**CHOOSE FOODS FROM EACH OF FIVE FOOD GROUPS**

The Food Guide Pyramid illustrates the importance of balance among food groups in a daily eating pattern. Most of the daily servings of food should be selected from the food groups that are the largest in the picture and closest to the base of the Pyramid.

- Choose most of your foods from the grain products group (6–11 servings), the vegetable group (3–5 servings), and the fruit group (2–4 servings).
- Eat moderate amounts of foods from the milk group (2–3 servings) and the meat and beans group (2–3 servings).
- Choose sparingly foods that provide few nutrients and are high in fat and sugars.

Note: A range of servings is given for each food group. The smaller number is for people who consume about 1,600 calories a day, such as many sedentary women. The larger number is for those who consume about 2,800 calories a day, such as active men.

at the center of the plate, accompanied by other vegetables and fruit, and lean and low-fat foods from the other groups. Limit fats and sugars added in food preparation and at the table. Compare the recommended number of servings in box 1 with what you usually eat.

What counts as a “serving”?

See box 2 for suggested serving sizes in the Food Guide Pyramid food groups. Notice that some of the serving sizes are smaller than what you might usually eat. For example, many people eat a cup or more of pasta in a meal, which equals two or more servings. So, it is easy to eat the number of servings recommended.

BOX 2**WHAT COUNTS AS A SERVING?*****Grain Products Group (bread, cereal, rice, and pasta)**

- 1 slice of bread
- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice, or pasta

Vegetable Group

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables—cooked or chopped raw
- 3/4 cup of vegetable juice

Fruit Group

- 1 medium apple, banana, orange
- 1/2 cup of chopped, cooked, or canned fruit
- 3/4 cup of fruit juice

Milk Group (milk, yogurt, and cheese)

- 1 cup of milk or yogurt
- 1½ ounces of natural cheese
- 2 ounces of processed cheese

Meat and Beans Group (meat, poultry, fish, dry beans, eggs, and nuts)

- 2–3 ounces of cooked lean meat, poultry, or fish
- 1/2 cup of cooked dry beans or 1 egg counts as 1 ounce of lean meat. Two tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.

* Some foods fit into more than one group. Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or vegetable group. These “cross over” foods can be counted as servings from either one or the other group, but not both. Serving sizes indicated here are those used in the Food Guide Pyramid and based on both suggested and usually consumed portions necessary to achieve adequate nutrient intake. They differ from serving sizes on the Nutrition Facts Label, which reflect portions usually consumed.

Choose different foods within each food group

You can achieve a healthful, nutritious eating pattern with many combinations of foods from the five major food groups. Choosing a variety of foods within and across food groups improves dietary patterns because foods within the same group have different combinations of nutrients and other beneficial substances. For example, some vegetables and fruits are good sources of vitamin C or vitamin A, while others are high in folate (page 24); still others are good sources of calcium or iron. Choosing a variety of foods within each group also helps to make your meals more interesting from day to day.

What about vegetarian diets?

Some Americans eat vegetarian diets for reasons of culture, belief, or health. Most vegetarians eat milk products and eggs, and as a group, these lacto-ovo-vegetarians enjoy excellent health. Vegetarian diets are consistent with the *Dietary Guidelines for Americans* and can meet Recommended Dietary Allowances for nutrients. You can get enough protein from a vegetarian diet as long as the variety and amounts of foods consumed are adequate. Meat, fish, and poultry are major contributors of iron, zinc, and B vitamins in most American diets, and vegetarians should pay special attention to these nutrients.

Vegans eat only food of plant origin. Because animal products are the only food sources of vitamin B₁₂, vegans must supplement their diets with a source of this vitamin. In addition, vegan diets, particularly those of children, require care to ensure adequacy of vitamin D and calcium, which most Americans obtain from milk products.

Foods vary in their amounts of calories and nutrients

Some foods such as grain products, vegetables, and fruits have many nutrients and other healthful substances but are relatively low in calories. Fat and alcohol are high in calories. Foods high in both sugars and fat contain many calories but often are low in vitamins, minerals, or fiber.

People who do not need many calories or who must restrict their food intake need to choose nutrient-rich foods from the five major food groups with special care. They should obtain most of their calories from foods that contain a high proportion of essential nutrients and fiber.

Growing children, teenage girls, and women have higher needs for some nutrients

Many women and adolescent girls need to eat more calcium-rich foods to get the calcium needed for healthy bones throughout life. By selecting lowfat or fat-free milk products and other lowfat calcium sources, they can obtain adequate calcium and keep fat intake from being too high (box 3). Young children, teenage girls, and women of childbearing age should also eat enough iron-rich foods, such as lean meats and whole-grain or enriched white bread, to keep the body's iron stores at adequate levels (box 4).

BOX 3***SOME GOOD SOURCES OF CALCIUM****

- Most foods in the milk group[†]
 - milk and dishes made with milk, such as puddings and soups made with milk
 - cheeses such as Mozzarella, Cheddar, Swiss, and Parmesan
 - yogurt
- Canned fish with soft bones such as sardines, anchovies, and salmon[†]
- Dark-green leafy vegetables, such as kale, mustard greens, and turnip greens, and pak-choi
- Tofu, if processed with calcium sulfate. Read the labels.
- Tortillas made from lime-processed corn. Read the labels.

* Does not include complete list of examples. You can obtain additional information from “Good Sources of Nutrients,” USDA, January 1990. Also read food labels for brand-specific information.

[†] Some foods in this group are high in fat, cholesterol, or both. Choose lower fat, lower cholesterol foods most often. Read the labels.

Enriched and fortified foods have essential nutrients added to them

National policy requires that specified amounts of nutrients be added to enrich some foods. For example, enriched flour and bread contain added thiamin, riboflavin, niacin, and iron; skim milk, lowfat milk, and margarine are usually enriched with vitamin A; and milk is usually enriched with vitamin D. Fortified foods may have one or several nutrients added in extra amounts. The number and quantity of nutrients added vary among products. Fortified foods may be useful for meeting special dietary needs. Read the ingredient list to know which nutrients are added to foods (figure 2). How these foods fit into your total diet

BOX 4***SOME GOOD SOURCES OF IRON****

- Meats—beef, pork, lamb, and liver and other organ meats[†]
- Poultry—chicken, duck, and turkey, especially dark meat; liver[†]
- Fish—shellfish, like clams, mussels, and oysters; sardines; anchovies; and other fish[†]
- Leafy greens of the cabbage family, such as broccoli, kale, turnip greens, collards
- Legumes, such as lima beans and green peas; dry beans and peas, such as pinto beans, black-eyed peas, and canned baked beans
- Yeast-leavened whole-wheat bread and rolls
- Iron-enriched white bread, pasta, rice, and cereals. Read the labels.

* Does not include complete list of examples. You can obtain additional information from “Good Sources of Nutrients,” USDA, January 1990. Also read food labels for brand-specific information.

[†] Some foods in this group are high in fat, cholesterol, or both. Choose lean, lower fat, lower cholesterol foods most often. Read the labels.

will depend on the amounts you eat and the other foods you consume.

Where do vitamin, mineral, and fiber supplements fit in?

Supplements of vitamins, minerals, or fiber also may help to meet special nutritional needs. However, supplements do not supply all of the nutrients and other substances present in foods that are important to health. Supplements of some nutrients taken regularly in large amounts are harmful. Daily vitamin and mineral supplements at or below the Recommended Dietary Allowances are considered safe, but are usually not needed by people who eat the variety of foods depicted in the Food Guide Pyramid.

FIGURE 2*

READY-TO-EAT CEREAL

Nutrition Facts

Serving Size 3/4 cup (30g/1.1 oz)
Servings Per Package 11

Amount Per Serving	Cereal	Cereal with 1/2 cup Vitamins A&D skim milk
Calories	120	160
Calories from Fat	15	15
% Daily Value**		
Total Fat 2g*	3%	3%
Saturated Fat 1g	5%	5%
Cholesterol 0mg	0%	0%
Sodium 210mg	9%	11%
Potassium 45mg	1%	7%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 9g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folate	25%	25%
Phosphorus	2%	15%

* Amount in cereal. One half cup of skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Corn, sugar, whole oats, almonds, partially hydrogenated palm kernel oil, high fructose corn syrup, whole wheat, brown sugar, nonfat dry milk, corn syrup, salt, rice, butter flavor with other natural and artificial flavors, partially hydrogenated cottonseed and soybean oils, modified corn starch, glycerin, butter oil, soy lecithin, polyglycerol esters of fatty acids, malt flavor, guar gum, ascorbic acid (vitamin C), niacinamide, iron, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), vitamin A palmitate (protected with BHT), thiamin hydrochloride (vitamin B₁), folic acid, and vitamin D.

*See page 28 for discussion of Daily Value.

FIGURE 2 CONTINUED

LOWFAT MILK

Nutrition Facts

Serving Size 8 fl oz (240 ml)
Servings Per Container 8

Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Lowfat milk, vitamin A palmitate, vitamin D₃.

Sometimes supplements are needed to meet specific nutrient requirements. For example, older people and others with little exposure to sunlight may need a vitamin D supplement. Women of childbearing age may reduce the risk of certain birth defects by consuming folate-rich foods or folic acid supplements. Iron supplements are recommended for pregnant women. However, because foods contain many nutrients and other substances that promote health, the use of supplements cannot substitute for proper food choices.

ADVICE FOR TODAY

Enjoy eating a variety of foods. Get the many nutrients your body needs by choosing among the varied foods you enjoy from these groups: grain products, vegetables, fruits, milk and milk products, protein-rich plant foods (beans, nuts), and protein-rich animal foods (lean meat, poultry, fish, and eggs). Remember to choose lean and lowfat foods and beverages most often. Many foods you eat contain servings from more than one food group. For example, soups and stews may contain meat, beans, noodles, and vegetables.

Balance the food you eat with physical activity— maintain or improve your weight

Many Americans gain weight in adulthood, increasing their risk for high blood pressure, heart disease, stroke, diabetes, certain types of cancer, arthritis, breathing problems, and other illness. Therefore, most adults should not gain weight. If you are overweight and have one of these problems, you should try to lose weight, or at the very least, not gain weight. If you are uncertain about your risk of developing a problem associated with overweight, you should consult a health professional.

How to maintain your weight

In order to stay at the same body weight, people must balance the amount of calories in the foods and drinks they consume with the amount of calories the body uses. Physical activity is an important way to use food energy. Most Americans spend much of their working day in activities that require little energy. In addition, many Americans of all ages now spend a lot of leisure time each day being inactive, for example, watching television or working at a computer. To burn calories, devote less time to sedentary activities like sitting. Spend more time in activities like walking to the store or around the block. Use stairs rather than elevators. Less sedentary activity and more vigorous activity may help you reduce body fat and disease risk. Try to do 30 minutes or more of moderate physical activity on most—preferably all—days of the week (box 5).

BOX 5

TO INCREASE CALORIE EXPENDITURE BY PHYSICAL ACTIVITY

Remember to accumulate 30 minutes or more of moderate physical activity on most—preferably all—days of the week.

Examples of moderate physical activities for healthy U.S. adults

walking briskly (3–4 miles per hour)
conditioning or general calisthenics
home care, general cleaning
racket sports such as table tennis
mowing lawn, power mower
golf—pulling cart or carrying clubs
home repair, painting
fishing, standing/casting
jogging
swimming (moderate effort)
cycling, moderate speed (≤ 10 mph)
gardening
canoeing leisurely (2.0–3.9 miles per hour)
dancing

Source: Adapted from Pate, et al., *Journal of the American Medical Association*, 1995, Vol. 273, p. 404.

The kinds and amounts of food people eat affect their ability to maintain weight. High-fat foods contain more calories per serving than other foods and may increase the likelihood of weight gain. However, even when people eat less high-fat food, they still can gain weight from eating too much of foods high in starch, sugars, or protein. Eat a variety of foods, emphasizing pasta, rice, bread, and other whole-grain foods as well as fruits and vegetables. These foods are filling, but lower in calories than foods rich in fats or oils.

The pattern of eating may also be important. Snacks provide a large percentage of daily calories for many Americans. Unless nutritious snacks are part of the daily meal plan, snacking may lead to weight gain. A pattern of frequent binge-eating, with or without alternating periods of food restriction, may also contribute to weight problems.

Maintaining weight is equally important for older people who begin to lose weight as they age. Some of the weight that is lost is muscle. Maintaining muscle through regular activity helps to keep older people feeling well and helps to reduce the risk of falls and fractures.

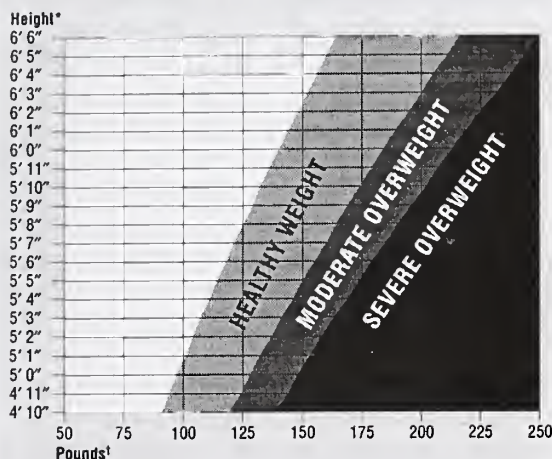
How to evaluate your body weight

Healthy weight ranges for adult men and women of all ages are shown in figure 3. See where your weight falls on the chart for people of your height. The health risks due to excess weight appear to be the same for older as for younger adults. Weight ranges are shown in the chart because people of the same height may have equal amounts of body fat but different amounts of muscle and bone. However, the ranges do not mean that it is healthy to gain weight, even within the same weight range. The higher weights in the healthy weight range apply to people with more muscle and bone.

Weights above the healthy weight range are less healthy for most people. The further you are above the healthy weight range for your height, the higher your weight-related risk (figure 3). Weights slightly below the range may be healthy for some people but are sometimes the result of health problems, especially when weight loss is unintentional.

FIGURE 3

ARE YOU OVERWEIGHT?



* Without shoes.

† Without clothes. The higher weights apply to people with more muscle and bone, such as many men.

Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 1995, pages 23-24.

Location of body fat

Research suggests that the location of body fat also is an important factor in health risks for adults. Excess fat in the abdomen (stomach area) is a greater health risk than excess fat in the hips and thighs. Extra fat in the abdomen is linked to high blood pressure, diabetes, early heart disease, and certain types of cancer. Smoking and too much alcohol increase abdominal fat and the risk for diseases related to obesity. Vigorous exercise helps to reduce abdominal fat and decrease the risk for these diseases. The easiest way to check your body fat distribution is to measure around your waistline with a tape measure and compare this with the measure around your hips or buttocks to see if your abdomen is larger. If you are in doubt, you may wish to seek advice from a health professional.

Problems with excessive thinness

Being too thin can occur with anorexia nervosa, other eating disorders, or loss of appetite, and is linked to menstrual irregularity and osteoporosis in women, and greater risk of early death in both women and men. Many people—especially women—are concerned about body weight, even when their weight is normal. Excessive concern about weight may cause or lead to such unhealthy behaviors as excessive exercise, self-induced vomiting, and the abuse of laxatives or other medications. These practices may only worsen the concern about weight. If you lose weight suddenly or for unknown reasons, see a physician. Unexplained weight loss may be an early clue to a health problem.

If you need to lose weight

You do not need to lose weight if your weight is already within the healthy range in the figure, if you have gained less than 10 pounds since you reached your adult height, and if you are otherwise healthy. If you are overweight and have excess abdominal fat, a weight-related medical problem, or a family history of such problems, you need to lose weight. Healthy diets and exercise can help people maintain a healthy weight, and may also help them lose weight. It is important to recognize that overweight is a chronic condition which can only be controlled with long-term changes. To reduce caloric intake, eat less fat and control portion sizes (box 6). If you are not physically active, spend less time in sedentary activities such as watching television, and be more active throughout the day. As people lose weight, the body becomes more efficient at using energy and the rate of weight loss may decrease. Increased physical activity will help you to continue losing weight and to avoid gaining it back (box 5).

BOX 6

TO DECREASE CALORIE INTAKE

- Eat a variety of foods that are low in calories and high in nutrients—check the Nutrition Facts Label.
- Eat less fat and fewer high-fat foods.
- Eat smaller portions and limit second helpings of foods high in fat and calories.
- Eat more vegetables and fruits without fats and sugars added in preparation or at the table.
- Eat pasta, rice, breads, and cereals without fats and sugars added in preparation or at the table.
- Eat less sugars and fewer sweets (like candy, cookies, cakes, soda).
- Drink less or no alcohol.

Many people are not sure how much weight they should lose. Weight loss of only 5–10 percent of body weight may improve many of the problems associated with overweight, such as high blood pressure and diabetes. Even a smaller weight loss can make a difference. If you are trying to lose weight, do so slowly and steadily. A generally safe rate is 1/2–1 pound a week until you reach your goal. Avoid crash weight-loss diets that severely restrict calories or the variety of foods. Extreme approaches to weight loss, such as self-induced vomiting or the use of laxatives, amphetamines, or diuretics, are not appropriate and can be dangerous to your health.

Weight regulation in children

Children need enough food for proper growth. To promote growth and development and prevent overweight, teach children to eat grain products; vegetables and fruits; lowfat milk products or other calcium-rich foods; beans, lean meat, poultry, fish or other protein-rich foods; and to participate in vigorous activity. Limiting television time and encouraging children to play actively in a safe environment are helpful steps. Although limiting fat intake may help to prevent excess weight gain in children, fat should not be restricted for children younger than 2 years of age. Helping overweight children to achieve a healthy weight along with normal growth requires more caution. Modest reductions in dietary fat, such as the use of lowfat milk rather than whole milk, are not hazardous. However, major efforts to change a child's diet should be accompanied by monitoring of growth by a health professional at regular intervals.

ADVICE FOR TODAY

Try to maintain your body weight by balancing what you eat with physical activity. If you are sedentary, try to become more active. If you are already very active, try to continue the same level of activity as you age. More physical activity is better than less, and any is better than none. If your weight is not in the healthy range, try to reduce health risks through better eating and exercise habits. Take steps to keep your weight within the healthy range (neither too high nor too low). Have children's heights and weights checked regularly by a health professional.

Choose a diet with plenty of grain products, vegetables, and fruits

Grain products, vegetables, and fruits are key parts of a varied diet. They are emphasized in this guideline because they provide vitamins, minerals, complex carbohydrates (starch and dietary fiber), and other substances that are important for good health. They are also generally low in fat, depending on how they are prepared and what is added to them at the table. Most Americans of all ages eat fewer than the recommended number of servings of grain products, vegetables, and fruits, even though consumption of these foods is associated with a substantially lower risk for many chronic diseases, including certain types of cancer.

Most of the calories in your diet should come from grain products, vegetables, and fruits

These include grain products high in complex carbohydrates—breads, cereals, pasta, rice—found at the base of the Food Guide Pyramid, as well as vegetables such as potatoes and corn. Dry beans (like pinto, navy, kidney, and black beans) are included in the meat and beans group of the Pyramid, but they can count as servings of vegetables instead of meat alternatives.

Plant foods provide fiber

Fiber is found only in plant foods like whole-grain breads and cereals, beans and peas, and other vegetables and fruits. Because there are different types of fiber in foods, choose a variety of foods daily. Eating a variety of fiber-containing plant foods is important for proper bowel function, can reduce symptoms of chronic constipation,

diverticular disease, and hemorrhoids, and may lower the risk for heart disease and some cancers. However, some of the health benefits associated with a high-fiber diet may come from other components present in these foods, not just from fiber itself. For this reason, fiber is best obtained from foods rather than supplements.

Plant foods provide a variety of vitamins and minerals essential for health

Most fruits and vegetables are naturally low in fat and provide many essential nutrients and other food components important for health. These foods are excellent sources of vitamin C, vitamin B₆, carotenoids, including those which form vitamin A (box 7), and folate (box 8). The antioxidant nutrients found in plant foods (e.g., vitamin C, carotenoids, vitamin E, and certain minerals) are presently of great interest to scientists and the public because of their potentially beneficial role in reducing the risk for cancer and certain other chronic diseases. Scientists are also trying to determine if other substances in plant foods protect against cancer.

BOX 7

SOME GOOD SOURCES OF CAROTENOIDS*

- Dark-green leafy vegetables (such as spinach, collards, kale, mustard greens, turnip greens), broccoli, carrots, pumpkin and calabasa, red pepper, sweet potatoes, and tomatoes
- Fruits like mango, papaya, cantaloupe

* Does not include complete list of examples. You can obtain additional information from "Good Sources of Nutrients," USDA, January 1990. Also read food labels for brand-specific information.

Folate, also called folic acid, is a B vitamin that, among its many functions, reduces the risk of a serious type of birth defect (box 8). Minerals such as potassium, found in a wide variety of vegetables and fruits, and calcium, found in certain vegetables, may help reduce the risk for high blood pressure (see pages 10 and 37).

The availability of fresh fruits and vegetables varies by season and region of the country, but frozen and canned fruits and vegetables ensure a plentiful supply of these healthful foods throughout the year. Read the Nutrition Facts Label to help choose foods that are rich in carbohydrates, fiber, and nutrients, and low in fat and sodium.

BOX 8

SOME GOOD SOURCES OF FOLATE*

- Dry beans (like red beans, navy beans, and soybeans), lentils, chickpeas, cow peas, and peanuts
- Many vegetables, especially leafy greens (spinach, cabbage, brussels sprouts, romaine, looseleaf lettuce), peas, okra, sweet corn, beets, and broccoli
- Fruits such as blackberries, boysenberries, kiwifruit, oranges, plantains, strawberries, orange juice, and pineapple juice

* Does not include complete list of examples. You can obtain additional information from "Good Sources of Nutrients," USDA, January 1990. The Nutrition Facts Label may also provide brand-specific information on this nutrient.

BOX 9

FOR A DIET WITH PLENTY OF GRAIN PRODUCTS, VEGETABLES, AND FRUITS, EAT DAILY—

6–11 servings* of grain products (breads, cereals, pasta, and rice)

- Eat products made from a variety of whole grains, such as wheat, rice, oats, corn, and barley.
- Eat several servings of whole-grain breads and cereals daily.
- Prepare and serve grain products with little or no fats and sugars.

3–5 servings* of various vegetables and vegetable juices

- Choose dark-green leafy and deep-yellow vegetables often.
- Eat dry beans, peas, and lentils often.
- Eat starchy vegetables, such as potatoes and corn.
- Prepare and serve vegetables with little or no fats.

2–4 servings* of various fruits and fruit juices

- Choose citrus fruits or juices, melons, or berries regularly.
- Eat fruits as desserts or snacks.
- Drink fruit juices.
- Prepare and serve fruits with little or no added sugars.

* See box 2, page 7, for what counts as a serving.

ADVICE FOR TODAY

Eat more grain products (breads, cereals, pasta, and rice), vegetables, and fruits. Eat dry beans, lentils, and peas more often. Increase your fiber intake by eating more of a variety of whole grains, whole-grain products, dry beans, fiber-rich vegetables and fruits such as carrots, corn, peas, pears, and berries (box 9).

Choose a diet low in fat, saturated fat, and cholesterol

Some dietary fat is needed for good health. Fats supply energy and essential fatty acids and promote absorption of the fat-soluble vitamins A, D, E, and K. Most people are aware that high levels of saturated fat and cholesterol in the diet are linked to increased blood cholesterol levels and a greater risk for heart disease. More Americans are now eating less fat, saturated fat, and cholesterol-rich foods than in the recent past, and fewer people are dying from the most common form of heart disease. Still, many people continue to eat high-fat diets, the number of overweight people has increased, and the risk of heart disease and certain cancers (also linked to fat intake) remains high. This guideline emphasizes the continued importance of choosing a diet with less total fat, saturated fat, and cholesterol.

Foods high in fat should be used sparingly

Some foods and food groups in the Food Guide Pyramid are higher in fat than others. Fats and oils, and some types of desserts and snack foods that contain fat provide calories but few nutrients. Many foods in the milk group and in the meat and beans group (which includes eggs and nuts, as well as meat, poultry, and fish) are also high in fat, as are some processed foods in the grain group. Choosing lower fat options among these foods allows you to eat the recommended servings from these groups and increase the amount and variety of grain products, fruits, and vegetables in your diet without going over your calorie needs.

Choose a diet low in fat

Fat, whether from plant or animal sources, contains more than twice the number of calories of an equal amount of carbohydrate or protein. Choose a diet that provides no more than 30 percent of total calories from fat. The upper limit on the grams of fat in your diet will depend on the calories you need (box 10). Cutting back on fat can help you consume fewer calories. For example, at 2,000 calories per day, the suggested upper limit of calories from fat is about 600 calories. Sixty-five grams of fat contribute about 600 calories (65 grams of fat \times 9 calories per gram = about 600 calories). On the Nutrition Facts Label, 65 grams of fat is the *Daily Value* for a 2,000-calorie intake (figure 4).

BOX 10

MAXIMUM TOTAL FAT INTAKE AT DIFFERENT CALORIE LEVELS

Calories	1,600	2,200	2,800
Total fat (grams)	53	73	93

FIGURE 4

COOKIES

Nutrition Facts

Serving Size 3 cookies (34g/1.2 oz)
Servings Per Container About 5

Amount Per Serving

Calories 180 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 3.5g 18%

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 10mg 3%

Sodium 80mg 3%

Total Carbohydrate 21g 7%

Dietary Fiber 1g 4%

Sugars 11g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Thiamin 6% • Riboflavin 4%

Niacin 4%

*Percent Daily Values are based on a 2,000

calorie diet. Your daily values may be higher

or lower depending on your calorie needs:

Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Ingredients: Unbleached enriched wheat flour (flour, niacin, reduced iron, thiamin mononitrate (vitamin B1)), sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin added as an emulsifier, vanilla extract), sugar, partially hydrogenated vegetable shortening (soybean, cottonseed and/or canola oils), nonfat milk, whole eggs, cornstarch, egg whites, salt, vanilla extract, baking soda, and soy lecithin.

Calories from Fat are now shown on the label to help consumers meet dietary guidelines that recommend people get no more than 30 percent of the calories in their overall diet from fat.

% Daily Value (DV) shows how a food in the specified serving size fits into the overall daily diet. By using the %DV you can easily determine whether a food contributes a lot or a little of a particular nutrient. And you can compare different foods with no need to do any calculations.

supply smaller amounts of saturated fat. On the Nutrition Facts Label, 20 grams of saturated fat (9 percent of caloric intake) is the *Daily Value* for a 2,000-calorie diet (figure 4).

Monounsaturated and polyunsaturated fat. Olive and canola oils are particularly high in monounsaturated fats; most other vegetable oils, nuts, and high-fat fish are good sources of polyunsaturated fats. Both kinds of unsaturated fats reduce blood cholesterol when they replace saturated fats in the diet. The fats in most fish are low in saturated fatty acids and contain a certain type of polyunsaturated fatty acid (omega-3) that is under study because of a possible association with a decreased risk for heart disease in certain people. Remember that the total fat in the diet should be consumed at a moderate level—that is, no more than 30 percent of calories. Mono- and polyunsaturated fat sources should replace saturated fats within this limit.

Partially hydrogenated vegetable oils, such as those used in many margarines and shortenings, contain a particular form of unsaturated fat known as trans-fatty acids that may raise blood cholesterol levels, although not as much as saturated fat.

Choose a diet low in saturated fat

Fats contain both saturated and unsaturated (monounsaturated and polyunsaturated) fatty acids. Saturated fat raises blood cholesterol more than other forms of fat. Reducing saturated fat to less than 10 percent of calories will help you lower your blood cholesterol level. The fats from meat, milk, and milk products are the main sources of saturated fats in most diets. Many bakery products are also sources of saturated fats. Vegetable oils

Choose a diet low in cholesterol

The body makes the cholesterol it requires. In addition, cholesterol is obtained from food. Dietary cholesterol comes from animal sources such as egg yolks, meat (especially organ meats such as liver), poultry, fish, and higher fat milk products. Many of these foods are also high in saturated fats. Choosing foods with less cholesterol and saturated fat will help lower your blood cholesterol levels (box 11). The Nutrition Facts Label lists the *Daily Value* for cholesterol as 300 mg. You can keep your cholesterol intake at this level or lower by eating more grain products, vegetables and fruits, and by limiting intake of high cholesterol foods.

Advice for children

Advice in the previous sections does not apply to infants and toddlers below the age of 2 years. After that age, children should gradually adopt a diet that, by about 5 years of age, contains no more than 30 percent of calories from fat. As they begin to consume fewer calories from fat, children should replace these calories by eating more grain products, fruits, vegetables, and lowfat milk products or other calcium-rich foods, and beans, lean meat, poultry, fish, or other protein-rich foods.

BOX 11

FOR A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL

Fats and Oils

- Use fats and oils sparingly in cooking and at the table.
- Use small amounts of salad dressings and spreads such as butter, margarine, and mayonnaise. Consider using lowfat or fat-free dressings for salads.
- Choose vegetable oils and soft margarines most often because they are lower in saturated fat than solid shortenings and animal fats, even though their caloric content is the same.
- Check the Nutrition Facts Label to see how much fat and saturated fat are in a serving; choose foods lower in fat and saturated fat.

Grain Products, Vegetables, and Fruits

- Choose lowfat sauces with pasta, rice, and potatoes.
- Use as little fat as possible to cook vegetables and grain products.
- Season with herbs, spices, lemon juice, and fat-free or lowfat salad dressings.

Meat, Poultry, Fish, Eggs, Beans, and Nuts

- Choose two to three servings of lean fish, poultry, meats, or other protein-rich foods, such as beans, daily. Use meats labeled "lean" or "extra lean." Trim fat from meat; take skin off poultry. (Three ounces of cooked lean beef or chicken without skin—a piece the size of a deck of cards—provides about 6 grams of fat; a piece of chicken with skin or untrimmed meat of that size may have as much as twice this amount of fat.) Most beans and bean products are almost fat-free and are a good source of protein and fiber.
- Limit intake of high-fat processed meats such as sausages, salami, and other cold

BOX 11, CONTINUED

cuts; choose lower fat varieties by reading the Nutrition Facts Label.

- Limit the intake of organ meats (three ounces of cooked chicken liver have about 540 mg of cholesterol); use egg yolks in moderation (one egg yolk has about 215 mg of cholesterol). Egg whites contain no cholesterol and can be used freely.

Milk and Milk Products

- Choose skim or lowfat milk, fat-free or lowfat yogurt, and lowfat cheese.
- Have two to three lowfat servings daily. Add extra calcium to your diet without added fat by choosing fat-free yogurt and lowfat milk more often. [One cup of skim milk has almost no fat, 1 cup of 1 percent milk has 2.5 grams of fat, 1 cup of 2 percent milk has 5 grams (one teaspoon) of fat, and 1 cup of whole milk has 8 grams of fat.] If you do not consume foods from this group, eat other calcium-rich foods (box 3, page 10).

ADVICE FOR TODAY

To reduce your intake of fat, saturated fat, and cholesterol, follow these recommendations, as illustrated in the Food Guide Pyramid, which apply to diets consumed over several days and not to single meals or foods.

- Use fats and oils sparingly.
- Use the Nutrition Facts Label to help you choose foods lower in fat, saturated fat, and cholesterol.
- Eat plenty of grain products, vegetables, and fruits.
- Choose lowfat milk products, lean meats, fish, poultry, beans, and peas to get essential nutrients without substantially increasing calorie and saturated fat intakes.

Choose a diet moderate in sugars

Sugars come in many forms

Sugars are carbohydrates. Dietary carbohydrates also include the complex carbohydrates starch and fiber. During digestion all carbohydrates except fiber break down into sugars. Sugars and starches occur naturally in many foods that also supply other nutrients. Examples of these foods include milk, fruits, some vegetables, breads, cereals, and grains. Americans eat sugars in many forms, and most people like their taste. Some sugars are used as natural preservatives, thickeners, and baking aids in foods; they are often added to foods during processing and preparation or when they are eaten. The body cannot tell the difference between naturally occurring and added sugars because they are identical chemically.

Sugars, health, and weight maintenance

Scientific evidence indicates that diets high in sugars do not cause hyperactivity or diabetes. The most common type of diabetes occurs in overweight adults. Avoiding sugars alone will not correct overweight. To lose weight reduce the total amount of calories from the food you eat and increase your level of physical activity (see pages 19–20).

If you wish to maintain your weight when you eat less fat, replace the lost calories from fat with equal calories from fruits, vegetables, and grain products, found in the lower half of the Food Guide Pyramid. Some foods that contain a lot of sugars supply calories but few or no nutrients (box 12). These foods are located at the top of the Pyramid. For very active people with high calorie needs, sugars can be an additional source of energy. However, because maintaining a nutritious

BOX 12***ON A FOOD LABEL, SUGARS INCLUDE***

brown sugar
corn sweetener
corn syrup
fructose
fruit juice concentrate
glucose (dextrose)
high-fructose corn syrup
honey
invert sugar
lactose
maltose
molasses
raw sugar
[table] sugar (sucrose)
syrup

A food is likely to be high in sugars if one of the above terms appears first or second in the ingredients list, or if several of them are listed.

diet and a healthy weight is very important, sugars should be used in moderation by most healthy people and sparingly by people with low calorie needs. This guideline cautions about eating sugars in large amounts and about frequent snacks of foods and beverages containing sugars that supply unnecessary calories and few nutrients.

Sugar substitutes

Sugar substitutes such as sorbitol, saccharin, and aspartame are ingredients in many foods. Most sugar substitutes do not provide significant calories and therefore may be useful in the diets of people concerned about calorie intake. Foods containing sugar substitutes, however, may not always be lower in calories than similar products that contain sugars. Unless you reduce the total calories

BOX 13***FOR HEALTHIER TEETH AND GUMS***

- Eat fewer foods containing sugars and starches between meals.
- Brush and floss teeth regularly.
- Use a fluoride toothpaste.
- Ask your dentist or doctor about the need for supplemental fluoride, especially for children.

you eat, the use of sugar substitutes will not cause you to lose weight.

Sugars and dental caries

Both sugars and starches can promote tooth decay. The more often you eat foods that contain sugars and starches, and the longer these foods are in your mouth before you brush your teeth, the greater the risk for tooth decay. Thus, frequent eating of foods high in sugars and starches as between-meal snacks may be more harmful to your teeth than eating them at meals and then brushing. Regular daily dental hygiene, including brushing with a fluoride toothpaste and flossing, and an adequate intake of fluoride, preferably from fluoridated water, will help you prevent tooth decay (box 13).

ADVICE FOR TODAY

Use sugars in moderation—sparingly if your calorie needs are low. Avoid excessive snacking, brush with a fluoride toothpaste, and floss your teeth regularly. Read the Nutrition Facts Label on foods you buy. The food label lists the content of total carbohydrate and sugars, as well as calories.

Choose a diet moderate in salt and sodium

Sodium and salt are found mainly in processed and prepared foods

Sodium and sodium chloride—known commonly as salt—occur naturally in foods, usually in small amounts. Salt and other sodium-containing ingredients are often used in food processing. Some people add salt and salty sauces, such as soy sauce, to their food at the table, but most dietary sodium or salt comes from foods to which salt has already been added during processing or preparation. Although many people add salt to enhance the taste of foods, their preference may weaken with eating less salt.

Sodium is associated with high blood pressure

In the body, sodium plays an essential role in regulation of fluids and blood pressure. Many studies in diverse populations have shown that a high sodium intake is associated with higher blood pressure. Most evidence suggests that many people at risk for high blood pressure reduce their chances of developing this condition by consuming less salt or sodium. Some questions remain, partly because other factors may interact with sodium to affect blood pressure.

Other factors affect blood pressure

Following other guidelines in the *Dietary Guidelines for Americans* may also help prevent high blood pressure. An important example is the guideline on weight and physical activity. The role of body weight in blood pressure control is well documented. Blood pressure increases with weight and decreases when weight is reduced. The guideline to consume a diet with plenty of fruits and vegetables is relevant because fruits and vegetables are naturally lower in

sodium and fat and may help with weight reduction and control. Consuming more fruits and vegetables also increases potassium intakes which may help to reduce blood pressure (box 14). Increased physical activity helps lower blood pressure and control weight. Alcohol consumption has also been associated with high blood pressure. Another reason to reduce salt intake is the fact that high salt intakes may increase the amount of calcium excreted in the urine and, therefore, increase the body's need for calcium.

BOX 14

SOME GOOD SOURCES OF POTASSIUM*

- Vegetables and fruits in general, especially
 - potatoes and sweet potatoes
 - spinach, swiss chard, broccoli, winter squashes, and parsnips
 - dates, bananas, cantaloupes, mangoes, plantains, dried apricots, raisins, prunes, orange juice, and grapefruit juice
 - dry beans, peas, lentils
- Milk and yogurt are good sources of potassium and have less sodium than cheese; cheese has much less potassium and usually has added salt.

* Does not include complete list of examples. You can obtain additional information from "Good Sources of Nutrients," USDA, January 1990. The Nutrition Facts Label may also provide brand-specific information on this nutrient.

Most Americans consume more salt than is needed

Sodium has an important role in the body. However, most Americans consume more sodium than is needed. The Nutrition Facts Label lists a *Daily Value* of 2,400 mg per day for sodium [2,400 mg sodium per day is contained in 6 grams of sodium chloride (salt)]. In household measures, one level teaspoon of salt provides about 2,300 milligrams of sodium. Most people consume more than this amount.

There is no way at present to tell who might develop high blood pressure from eating too much sodium. However, consuming less salt or sodium is not harmful and can be recommended for the healthy normal adult (box 15).

ADVICE FOR TODAY

Fresh fruits and vegetables have very little sodium. The food groups in the Food Guide Pyramid include some foods that are high in sodium and other foods that have very little sodium, or can be prepared in ways that add flavor without adding salt. Read the Nutrition Facts Label to compare and help identify foods lower in sodium within each group. Use herbs and spices to flavor food. Try to choose forms of foods that you frequently consume that are lower in sodium and salt.

BOX 15

TO CONSUME LESS SALT AND SODIUM—

- Read the Nutrition Facts Label to determine the amount of sodium in the foods you purchase. The sodium content of processed foods—such as cereals, breads, soups, and salad dressings—often varies widely.
- Choose foods lower in sodium and ask your grocer or supermarket to offer more low-sodium foods. Request less salt in your meals when eating out or traveling.
- If you salt foods in cooking or at the table, add small amounts. Learn to use spices and herbs, rather than salt, to enhance the flavor of food.
- When planning meals, consider that fresh and most plain frozen vegetables are low in sodium.
- When selecting canned foods, select those prepared with reduced or no sodium.
- Remember that fresh fish, poultry, and meat are lower in sodium than most canned and processed ones.
- Choose foods lower in sodium content. Many frozen dinners, packaged mixes, canned soups, and salad dressings contain a considerable amount of sodium. Remember that condiments such as soy and many other sauces, pickles, and olives are high in sodium. Ketchup and mustard, when eaten in large amounts, can also contribute significant amounts of sodium to the diet. Choose lower sodium varieties.
- Choose fresh fruits and vegetables as a lower sodium alternative to salted snack foods.

If you drink alcoholic beverages, do so in moderation

Alcoholic beverages supply calories but few or no nutrients. The alcohol in these beverages has effects that are harmful when consumed in excess. These effects of alcohol may alter judgment and can lead to dependency and a great many other serious health problems. Alcoholic beverages have been used to enhance the enjoyment of meals by many societies throughout human history. If adults choose to drink alcoholic beverages, they should consume them only in moderation (box 16).

Current evidence suggests that moderate drinking is associated with a lower risk for coronary heart disease in some individuals. However, higher levels of alcohol intake raise the risk for high blood pressure, stroke, heart disease, certain cancers, accidents, violence, suicides, birth defects, and overall mortality (deaths). Too much alcohol may cause cirrhosis of the liver, inflammation of

BOX 16

WHAT IS MODERATION?

Moderation is defined as no more than one drink per day for women and no more than two drinks per day for men.

Count as a drink—

- 12 ounces of regular beer (150 calories)
- 5 ounces of wine (100 calories)
- 1.5 ounces of 80-proof distilled spirits (100 calories)

the pancreas, and damage to the brain and heart. Heavy drinkers also are at risk of malnutrition because alcohol contains calories that may substitute for those in more nutritious foods.

Who should not drink?

Some people should not drink alcoholic beverages at all. These include:

- Children and adolescents.
- Individuals of any age who cannot restrict their drinking to moderate levels. This is a special concern for recovering alcoholics and people whose family members have alcohol problems.
- Women who are trying to conceive or who are pregnant. Major birth defects, including fetal alcohol syndrome, have been attributed to heavy drinking by the mother while pregnant. While there is no conclusive evidence that an occasional drink is harmful to the fetus or to the pregnant woman, a safe level of alcohol intake during pregnancy has not been established.
- Individuals who plan to drive or take part in activities that require attention or skill. Most people retain some alcohol in the blood up to 2–3 hours after a single drink.
- Individuals using prescription and over-the-counter medications. Alcohol may alter the effectiveness or toxicity of medicines. Also, some medications may increase blood alcohol levels or increase the adverse effect of alcohol on the brain.

ADVICE FOR TODAY

If you drink alcoholic beverages, do so in moderation, with meals, and when consumption does not put you or others at risk.

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For additional information on nutrition:

- Center for Nutrition Policy and Promotion, USDA, 1120 20th Street, NW, Suite 200 North Lobby, Washington, DC 20036.
- Food and Nutrition Information Center, USDA/National Agricultural Library, Room 304, 10301 Baltimore Boulevard, Beltsville, MD 20705-2351.
Internet address: fnic@nalusda.gov
- Cancer Information Service, Office of Cancer Communications, National Cancer Institute, Building 31, Room 10A16, 9000 Rockville Pike, Bethesda, MD 20892.
Internet address: icic@aspensys.com
- National Heart, Lung, and Blood Institute Information Center, P.O. Box 30105, Bethesda, MD 20824-0105.
- Weight-Control Information Network (WIN) of the National Institute of Diabetes and Digestive and Kidney Diseases, 1 WIN WAY, Bethesda, MD 20892.
Internet address: winniddk@aol.com
- National Institute on Alcohol Abuse and Alcoholism, 600 Executive Boulevard, Suite 409, Bethesda, MD 20892-7003.
- National Institute on Aging Information Center, Building 31, Room 5C27, National Institutes of Health, Bethesda, MD 20892.
- Office of Food Labeling, Food and Drug Administration (HFS-150), 200 C Street, SW, Washington, DC 20204.
- Contact your county extension home economist (cooperative extension system) or a nutrition professional in your local public health department, hospital, American Red Cross, dietetic association, diabetes association, heart association, or cancer society.

APPENDIX E

PYRAMID POWER FOOD DRIVE

Pyramid Power Food Drive

Use this chart to help create your Pyramid Power Food Bag.
Choose at least one food from each box.

PA Pennsylvania Dietetic Association
An Affiliate of The American Dietetic Association
2941 N Front St, Ste 114
Harrisburg, PA 17110-1266
717/236-1220

Fats, Oils, & Sweets
USE SPARINGLY

Jelly
Sugar
Syrup
Preserves
Vegetable Oils
Light Mayonnaise
Light Salad Dressings

**Milk, Yogurt, &
Cheese Group**
2-3 Servings

Dried Milk
Infant Formula
Canned Yogurt
Esterosized Milk
Boxed, Low-Fat Milk
Chocolate Milk Boxes
Canned & Baked Pudding
Carnation Infant Breakfast
Parmesan and Romano Cheese

**Meat, Poultry, Fish, Eggs,
Dry Beans, & Nuts Group**
2-3 Servings

Nuts
Beef Stew
Bean Soup
Baked Beans
Canned Chili
Peanut Butter
Canned Chicken
Dried Beans & Peas
Canned Tuna or Salmon

Vegetable Group
3-5 Servings

Tomato Sauce
Tomato Paste
Canned Yams
Vegetable Soup
Spaghetti Sauce
Canned Potatoes
Baby Vegetables
Tomato & Vg Juice
Canned Vegetables
Instant Mashed Potatoes
Other Canned Vegetables

Fruit Group
2-4 Servings

Relatins
Baby Fruit
Applesauce
Fruit Cocktail
Canned Pumpkin
Other Dried Fruits
Canned & Baked 100% Fruit Juices
Canned Peaches, packed in juice
Canned Pineapples, packed in juice
Canned Peers, packed in juice
Other Canned Fruits, packed in juice

**Bread, Cereal, Rice,
& Pasta Group**
6-11 Servings

Pancake Mix
Rice Pilaf
Rigatoni
Grits
Bread Mix
White Flour
Canned Pasta Soups

Infant Cereal
Macaroni
Oatmeal
Cold Cereal
Cream of Wheat
Pretzels
Muffin mix

Brown Rice
Spaghetti
Noodles
Canned Pasta
Shredded Wheat
Chicken Noodle Soup
Whole Grain Crackers

White Rice
Cornmeal
Pasta, boxed
Graham Crackers
Bran Cereals
Whole Wheat Flour
Macaroni & Cheese Mixes

APPENDIX F

SOURCES OF FREE OR LOW-COST FOOD AND NUTRITION MATERIALS

Sources of Free or Low-Cost Food and Nutrition Materials

Revised May 1998

Food and Nutrition Information Center



Food &
Nutrition

National Agricultural Library Cataloging Record:

Sources of free or low-cost food and nutrition materials.

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Table of Contents

Page

Introduction	v
Section I Nutrition, Medical, and Health Organizations:	1
A. National Contacts:	
Aging	
Alcohol and Drugs	
Allergies	
Arthritis	
Cancer	
Dental Health	
Diabetes	
Dietary Supplements	
Digestive Diseases	
Eating Disorders (Disordered Eating)	
Fitness and Sports	
Food and Nutrition	
Food Safety	
General Health	
Heart Disease	
Maternal and Child Health	
Oncology	
Other	
B. Local Contacts	
Section II Food-Related Associations	10
Beverages	
Dairy, Eggs, and Cheese	
Dried Fruits, Nuts, and Legumes	
Fish and Seafood	
Fruit	
Meat and Poultry	
Other Food Related Organizations	
Pasta, Potatoes, and Grains	
Vegetables	
Section III Food Companies	18
Section IV Food Service Related Organizations.	23

Introduction

This publication is a list of organizations that provide free or low-cost food and nutrition materials for consumers. The Food and Nutrition Information Center (FNIC) receives many requests for materials to distribute at health fairs, classes, physicians' offices, wellness programs, and other locations. Since FNIC is not a clearinghouse and has a limited number of publications to distribute in bulk, the Center has developed this publication to help others locate free and low-cost food and nutrition materials.

The list is alphabetical and divided into four sections: 1) Nutrition, Medical, and Health Organizations; 2) Food-Related Associations 3) Food Companies; and 4) Food Service Related Organization materials available in non-English languages, the languages are listed in parenthesis after the name of the organization. The languages are abbreviated as follows:

A	=	Arabic
C	=	Cambodian
Ch	=	Chinese
Cz	=	Czechoslovakian
H	=	Hmong
J	=	Japanese
K	=	Korean
L	=	Laotian or Lao
P	=	Polish
R	=	Russian
S	=	Spanish
T	=	Tagalog
Th	=	Thai
Tu	=	Turkish
V	=	Vietnamese

Not all publications are available in all languages. FNIC recommends that you call or write the organization(s) for a publication list or order form. FNIC also suggests that you make your request(s) for materials as far in advance as possible to allow for processing and mailing time. Some organizations may take up to eight weeks to fill your request. There are fees for some of the materials distributed by these organizations.

Inclusion of an organization on this list does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information provided by these organizations.

Section I. Nutrition, Medical, and Health Organizations

A. National Contacts

Aging

American Association of Retired Persons
601 E. Street, NW
Washington, DC 20049
(202) 434-2277
(800) 424-3410
TTY: (202) 434-2277
Fax: (202) 434-6466
Web site: <http://www.aarp.org/>

Asociacion Nacional Pro Personas
Mayores (S)
234 E. Colorado Blvd, Suite 300
Pasadena, CA 91101
(626) 564-1988
(800) 953-8553(CA only)
Fax: (626) 564-2759

National Institute on Aging (S)
Information Office
P.O. Box 8057
Gaithersburg, MD 20898-8057
(800) 222-2225
TTY: (800) 222-4225
Fax: (301) 589-3014
E-Mail: nianfo@access.digex.com
Web site: <http://www.nih.gov/nia>

Alcohol and Drugs

National Clearinghouse for Alcohol and
Drug Information (S)
Information Specialist
P.O. Box 2345
Rockville, MD 20847-2345
(301) 468-2600
TTY: (800) 487-4889
Fax: (301) 468-6433
Web site: <http://www.health.org>

Allergies

American Academy of Allergies-Asthma
and Immunology
611 E. Wells Street
Milwaukee, WI 53202
(414) 272-6071
(800) 822-2762
Web site: <http://www.aaaai.org>

American Allergy Association
1100 Industrial #9
San Carlos, CA 94070
(415) 322-1663
E-Mail: allergyaid@aol.com

The Food Allergy Network
4744 Holly Avenue
Fairfax, VA 22030-5647
(703) 691-3179
(800) 929-4040
Fax: (703) 691-2713
Web site: <http://www.foodallergy.org>

Arthritis

Arthritis Foundation Information Line
P.O. Box 7669
Atlanta, GA 30326
(404) 872-7100
(800) 283-7800
Fax: (404) 872-0457
Web site: <http://www.arthritis.org>

Cancer

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333
(800) 227-2345
TTY: (804) 527-3661
Fax: (404) 225-2217
Web site: <http://www.cancer.org>

American Institute for Cancer Research
1759 R Street, NW
Washington, DC 20009
(202) 328-7744
(800) 843-8114
Fax: (202) 328-7226
Web site: <http://www.aicr.org/aicr>

National Cancer Institute
Office of Cancer Communications
31 Center Dr., MSC 2580
Building 31, Room 10A-29
Bethesda, MD 20892-2580
(800) 4-CANCER
in Alaska: (800) 638-6070
in Hawaii: (800) 524-1234
Web site: <http://cancernet.nci.nih.gov>

Dental Health

National Institute of Dental Research
Public Information and Reports Section
Building 31, Room 5-B49
31 Center Dr. MSC 2190
Bethesda, MD 20892-2190
(301) 496-4261
Fax: (301) 496-9988
E-Mail: nidrinfo@od31.nidr.nih.gov
Web site: <http://www.nidr.nih.gov/>

Diabetes

American Diabetes Association (S)
National Service Center
1660 Duke Street
Alexandria, VA 22314
(703) 549-1500
(800) 232-3472
Fax: (703) 549-6995
Web site: <http://www.diabetes.org/>

National Diabetes Information
Clearinghouse (S)
Box NDIC
1 Information Way
Bethesda, MD 20892-3560
(301) 654-3327
Fax: (301) 907-8906
Web site: <http://www.niddk.nih.gov>

Dietary Supplements

American Botanical Council
P.O. Box 201660
Austin, Texas 78720
(512) 331-8858
Fax: (512) 331-1924
E-Mail: custserv@herbalgram.org
Web site: <http://www.herbalgram.org>

American Herb Association
14648 Peartree Lane
Nevada City, CA 95959
(916) 626-5046
Fax: (916) 274-3140

Functional Foods for Health Program
Department of Food Science and Human
Nutrition, University of Illinois at Urbana-
Champaign, 103 Agricultural Bioprocessing
Lab
1302 W. Pennsylvania Avenue
Urbana, IL 61801
(217) 333-6364
Fax: (217) 333-7386

Herb Research Foundation
100 Pearl Street, Suite 200
Boulder, CO 80302
(303) 449-2265
Fax: (303) 449-7849
E-Mail: info@herbs.org
Web site: <http://www.herbs.org>

Digestive Diseases

National Digestive Diseases Information
Clearinghouse
2 Information Way
Bethesda, MD 20892-3570
(301) 654-3810
TTY: (301) 657-2172
Fax: (301) 907-8906
Web site: <http://www.niddk.nih.gov>

Celiac Disease Foundation
13251 Ventura Blvd., Suite 3
Studio City, CA 91604
(818) 990-2354
Fax: (818) 990-2379
Web site: <http://www.celiac.org/cdf>

Celiac Sprue Association/United States
of America, Inc. (CSA/USA)
P.O. Box 31700
Omaha, NE 68131-0700
(402) 558-0600
Fax: (402) 558-1347

Crohn's and Colitis Foundation
of America, Inc.
386 Park Avenue, South, 17th Floor
New York, NY 10016-8804
(212) 685-3440
(800) 932-2423
Fax: (212) 779-4098
E-Mail: mhda37b@prodigy.com
Web site: <http://www.ccfa.org>

The Gluten Intolerance Group of North
America
P.O. Box 3053
Seattle, WA 98102-0353
(206) 325-6980
Fax: (206) 320-1172

Eating Disorders (Disordered Eating)

American Anorexia/Bulimia Association
165 W. 65th Street, Suite 1108
New York, NY 10036
(212) 575-6200
Fax: (212) 501-0342
Web site:
<http://members.aol.com/AmAnBu/index.html>

Anorexia Nervosa and Related Eating
Disorders, Inc.
P.O. Box 5102
Eugene, OR 97405
(541) 344-1144
Web site: <http://www.anred.com/>

National Association of Anorexia Nervosa
and Associated Disorders

Box 7
Highland Park, IL 60035
(847) 831-3438
Fax: (847) 433-4632

National Eating Disorders Organization

6655 South Yale
Tulsa, OK 74136
(918) 481-4044
Fax: (918) 481-4076

Fitness and Sports

Aerobics and Fitness Foundation

15250 Ventura Blvd., Suite 200
Sherman Oaks, CA 91403
(818) 905-0040
(800) 445-5950 ext. 628
Fax: (818) 990-5468
E-Mail: www.afa.com
Web site: <http://afaa@pop3.com>

International Center for Sports Nutrition

502 South 44th Street, Suite 3012
Omaha, NE 68105
(402) 559-5505
Fax: (402) 559-7302

The President's Council on Physical
Fitness and Sports

HHH Building, Room 738 H
200 Independence Avenue, SW
Washington, DC 20201
(202) 690-9000
Fax: (202) 690-5211
Web site:
<http://www.os.dhhs.gov/progorg/ophs/pchs.htm>

Women's Sports Foundation

Eisenhower Park
East Meadow, NY 11554
(516) 542-4700
(800) 227-3988
Fax: (516) 542-4716
E-Mail: wosport@aol.com

Food and Nutrition

Center for Nutrition Policy and Promotion

1120 20th Street, NW
Suite 200, North Lobby
Washington, DC 20036
(202) 418-2312
Fax: (202) 208-2321
Web site: <http://www.usda.gov/fcs/cnpp.htm>

Community Nutrition Institute

910 17th Street, NW, Suite 413
Washington, DC 20006
(202) 776-0595
Fax: (202) 776-0599
E-Mail: cni@digex.net

Food and Drug Administration (S)

Office of Consumer Affairs
Department of Health and Human Services
5600 Fishers Lane (HFE-88), Room 1685
Rockville, MD 20857
(301) 443-3170
Fax: (301) 443-9767

Food and Nutrition Information Center

National Agricultural Library/ARS/USDA
10301 Baltimore Avenue, Room 304
Beltsville, MD 20705-2351
(301) 504-5719
TTY: (301) 504-6856
Fax: (301) 504-6409
Web site: <http://www.nal.usda.gov/fnic/>

National Center for Nutrition and
Dietetics (S)

The American Dietetic Association
216 W. Jackson Blvd., Suite 800
Chicago, IL 60606-6995

(312) 899-4854

(800) 366-1655

Fax: (312) 899-1739

Web site: <http://www.eatright.org/ncnd>

Penn State Nutrition Center

The Pennsylvania State University

Ruth Building

5 Henderson Bldg.

University Park, PA 16802-5663

(814) 865-6323

Fax: (814) 865-5870

Nutrition Information Center

NY Hospital-Cornell Medical Center

Memorial Sloan-Kettering Cancer Center

515 East 71st Street

New York, NY 10021

(212) 746-1617

Fax: (212) 746-8310

E-Mail: pssenat@mail.med.cornell.edu

Garlic Information: (800) 330-5922

Calcium Information: (800) 321-2681

Olive Oil Information: (800) 232-6548

Food Safety

Food and Drug Administration

Consumer Food Information Hotline

(202) 205-2314

(800) FDA-4010 (M-F 12PM-4PM EST)

Fax: (202) 401-3532

Web site:

<http://vm.cfsan.fda.gov/~lrd/advice.html>

Food Safety and Inspection Service (S)

Meat and Poultry Hotline/USDA

1400 Independence Avenue, SW Rm. 2925S

Washington, DC 20250

(202) 720-3333

(800) 256-7072

Fax: (202) 690-2859

Web site: <http://www.usda.gov/fsis>

Partnership for Food Safety Education

Fight Bac! Campaign

Web site: <http://www.fightbac.org>

General Health

American Medical Association

515 N. State Street

Chicago, IL 60610

(312) 464-5000

(800) 621-8335

Fax: (312) 464-5600

Web site: <http://www.ama-assn.org/>

Bureau of Refugee Services

(C,Ch,F,H,K,Kh,L,R,T,Td,Th,V)

Iowa Department of Human Services

1200 University, Suite D

Des Moines, IA 50314

(515) 283-7999

Fax: (515) 283-9160

(800) 362-2780 (in IA)

E-Mail: djones4@dhs.state.ia.us

(publishes bibliography of sources of
non-English language health resources)

Center for Science in the Public Interest

1875 Connecticut Avenue, NW, Suite 300

Washington, DC 20009-5728

(202) 332-9110

Fax: (202) 265-4954

E-Mail: cspi@cspinet.org

Web site: <http://www.cspinet.org>

Consumer Information Center (S)
P.O. Box 100
Pueblo, CO 81009
(719) 948-3334
(888) 8-PUEBLO
Fax: (719) 948-9724 (credit card orders)
Web site: <http://www.pueblo.gsa.gov/>

National Council Against Health Fraud, Inc.
P.O. Box 1276
Loma Linda, CA 92354
(909) 824-4690
Fax: (909) 824-4838
in Kansas City, MO: (816) 228-4595
Web site: <http://www.ncahf.org/>

New Mexico Department of Health (S)
Health Promotion Bureau
P.O. Box 26110
Santa Fe, NM 87502-6610
(505) 827-0240

ODPHP National Health Information Center
(Office of Disease Prevention and Health
Promotion)
P.O. Box 1133
Washington, DC 20013-1133
(301) 565-4167
(800) 336-4797
Fax: (301) 984-4256
E-Mail: nhicinfo@health.org
Web site: <http://www.nhic-nt.health.org>

Office of Alternative Medicine
Clearinghouse
8630 Fenton Street, 12th Floor
Silver Spring, MD 20910
(301) 495-1080
Fax: (301) 587-4352

Public Voice For Food and Health Policy
1012 4th Street, NW, Suite 800
Washington, DC 20005
(202) 347-6200
Fax: (202) 347-6261
Web site:
<http://www.publicvoice.org/pvoice.html>

Heart Disease

American Heart Association National Center
(Ch, J, R, S)
7272 Greenville Avenue
Dallas, TX 75231
(214) 373-6300
(800) AHA-USA-1
(800) 242-8721
Fax: (410) 685-5761
Web site: <http://www.amhrt.org>

American Heart Association (S)
Florida Affiliate, Inc.
600 Brickell Avenue
Miami, FL 33131
(305) 373-5119

American Heart Association (Ch, J, R, S)
San Francisco Chapter
120 Montgomery, Suite 1650
San Francisco, CA 94104
(415) 433-2273

NHLBI Information Center (S)
(National Heart, Lung, and Blood Institute)
P.O. Box 30105
Bethesda, MD 20824-0105
(301) 251-1222
(800) 575-WELL
Fax: (301) 251-1223
Web site:
<http://www.nih.gov/nhlbi/nhlbi.htm>

Maternal and Child Health

Allegheny County Health Department
Nutrition Service WIC Program
Investment Building
239 4th Avenue, 21st Floor
Pittsburgh, PA 15222
(412) 350-4000
Fax: (412) 350-4424

American College of Obstetricians and
Gynecologists
Office of Public Information
409 12th Street, SW
P.O. Box 96920
Washington, DC 20090-6920
(202) 638-5577
Fax: (202) 484-1595
Web site: <http://www.acog.com>

La Leche League International
1400 N. Meacham Road
P.O. Box 4079
Schaumburg, IL 60168-4079
(847) 519-7730
(800) LALECHE
Fax: (847) 519-0035
Web site: <http://www.lalecheleague.org/>

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100
(914) 997-4720
(800) 367-6630 (multiple copies)
Web site: <http://www.modimes.org>

National Center for Education in Maternal
and Child Health Clearinghouse
2000 15th Street, North, Suite 701
Arlington, VA 22201
(703) 524-7802
Fax: (703) 524-9335

National Maternal and Child Health
Clearinghouse
2070 Chain Bridge Road, Suite 450
Vienna, VA 22182
(703) 821-8955
Fax: (703) 821-2098
E-Mail: info@ncemch.org

Oncology

Society for Nutritional Oncology Adjuvant
Therapy
3455 Salt Creek Lane
Arlington Heights, IL 60005
(847) 342-6484
(800) 704-NOAT
Fax: (847) 342-7230
E-Mail: noatpres@pol.net

Oncology Nutrition Dietetics Practice Group
of ADA
216 W. Jackson Blvd., Suite 800
Chicago, IL 60606
(312) 899-0040
Web site:
<http://www.eatright.org/dpg20.html>

Other

North American Menopause Society
University Hospitals
Department of OB/GYN
1100 Euclid Avenue, Suite 7024
Cleveland, OH 44106
(216) 844-8748
Fax: (216) 844-8708

Osteoporosis & Related Bone Disease
National Resource Center
1150 17th Street, NW, Suite 500
Washington, DC 20036-4603
(202) 223-0344
(800) 624-BONE
TTY: (202) 466-4315

Weight Control Information Network
1 WIN Way
Bethesda, MD 20892-3665
(301) 984-7191
(800) 946-8098
Fax: (301) 984-7196
E-Mail: win@matthewsgroup.com
Web site: <http://www.niddk.nih.gov/Brochures/WIN.htm>

B. Local Contacts for Nutrition, Medical and Health Organizations

Local Contacts (listed in local telephone directory)

American Cancer Society (city, county, or state)
Health Educator

American Heart Association (city, county, or state)
Health Educator

Cooperative Extension Service (county or university)
Home Economist/Nutritionist
Diabetes Association (city or state)
Health Educator

F.D.A. Consumer Affairs Office
Consumer Affairs Officer

Health Department (city, county, or state)
Nutritionist or Registered Dietitian

Hospital
Registered Dietitian

March of Dimes
Health Educator

NOTE: Many of these local contacts have materials available in non-English languages or can refer you to other agencies or affiliates who do have these materials.

Section II. Food-Related Associations

Beverages

National Coffee Association of USA
110 Wall Street
New York, NY 10005
(212) 344-5596
Fax: (212) 425-7059

The Tea Council of the USA
420 Lexington, Suite 825
New York, NY 101170
(212) 986-6998

Dairy, Eggs, and Cheese

American Dairy Products Institute
300 W. Washington Street
Chicago, IL 60606
(312) 782-4888
Fax: (312) 782-5299

American Egg Board
P.O. Box 755
Park Ridge, IL 60068-0755
(708) 296-7043
Fax: (708) 296-7007
E-Mail: aeb@aeb.com
Web site: <http://www.aeb.com>

Egg Nutrition Center
1819 H Street, NW, Suite 520
Washington, DC 20006
(202) 833-8850
Fax: (202) 463-0102
E-Mail: eggnutr@aol.com
Web site: <http://www.enc-online.org/>

Dairy Management, Inc.
National Dairy Council
O'Hare International Center
Nutrition Education Research
10255 West Higgins Road, Suite 900
Rosemont, IL 60018-5616
(847) 803-2000
(800) 426-8271
Fax: (847) 803-2077
Web site: <http://www.dairyinfo.com>

National Yogurt Association
1764 Old Meadow Lane, Suite 350
McLean, VA 22102
(703) 821-0770
Fax: (703) 821-1350

Wisconsin Milk Marketing Board/
Dairy Farmers of Wisconsin
8418 Excelsior Dr.
Madison, WI 53717
(608) 836-8820
(800) 373-9662
Fax: (608) 836-5822
Web site: <http://www.wisling.org>

Dried Fruits, Nuts, and Legumes

California Dry Bean Advisory Board
531-D N. Alta Avenue
Dinuba, CA 93618
(209) 591-4866
Fax: (209) 591-5744

California Fig Advisory Board
3425 N. First Street, Suite 109
Fresno, CA 93726
(209) 224-3447
(800) 588-2344
Fax: (209) 224-3449
E-Mail: info@californiafigs.com
Web site: <http://www.californiafigs.com>

California Pistachio Commission
1318 E. Shaw Avenue, Suite 420
Fresno, CA 93710
(209) 221-8294
Fax: (209) 221-8044
E-Mail: info@capistachiocomm.org

California Prune Board
P.O. Box 10157
Pleasanton, CA 94588
(510) 734-0150
(800) 729-5992
Fax: (510) 734-0525
Web site: <http://www.prunes.org>

Idaho Bean Commission
P.O. Box 2556
Boise, ID 83702
(208) 334-3520
Fax: (208) 334-2442
Web site: <http://www.state.id.us/bean>

National Sunflower Association
4023 State Street
Bismarck, ND 58501
(701) 328-5100
Fax: (701) 328-5101

Peanut Advisory Board
500 Sugar Mill Road, Suite 105-A
Atlanta, GA 30356
(770) 998-7311
Fax: (770) 998-5962
Web site:
<http://www.peanutbutterlovers.com>

Peanut Institute
P.O. Box 70157
Albany, NY 31708-0157
(912) 888-0216
(888) 8-PEANUT
Fax: (912) 888-5150
Web site: <http://www.peanut-institute.org>

United Soybean Board
1605 Swingley Ridge, Suite 110
Chesterfield, MO 63017
(314) 530-1777
Fax: (314) 530-1560
Web site: <http://www.unitedsoybean.com>

American Soybean Association
12125 Woodcrest Executive Dr., Suite 100
St. Louis, MO 63141
(800) 688-7692
Fax: (314) 576-2786
Web site: <http://www.oilseed.org/asa/>

USA Dried Pea and Lentil Council
5071 Highway 8 West
Moscow, ID 83843-4023
(208) 882-3023
Fax: (208) 882-6406

Fish and Seafood

Alaska Seafood Marketing Institute
1111 West 8th Street, Room 100
Juneau, AK 99801-1895
(907) 465-5560
(800) 478-2903
Fax: (907) 465-5572
Web site:
<http://www.state.ak.us/local/akpages/COMMERCE/asmihp.htm>

Maine Sardine Council
P.O. Box 440
Winterport, ME 04496-0440
(207) 223-9013
Fax: (207) 223-9900
E-Mail: msardine@mint.net
Web site: <http://www.mint.net/sardine/>

National Fisheries Institute, Inc.
1901 N. Fort Meyer Dr., Suite 700
Arlington, VA 22209
(703) 524-8881
Fax: (703) 524-4619
E-Mail: fishery@nfi.org
Web site: <http://www.nfi.org/>

Virginia Marine Products Board
554 Denbigh Blvd., Suite B
Newport News, VA 23602
(804) 874-3474
Fax: (804) 886-0671
Web site:
<http://www.state.va.us/~vdacs/seafood.htm>

Fruit

California Apricot Advisory Board
1280 Blvd. Way, Suite 107
Walnut Creek, CA 94595
(510) 937-3660
Fax: (510) 937-0118

California Avocado Commission
1251 E. Dyer Road, Suite 200
Santa Ana, CA 92705
(714) 558-6761
(800) 344-4333
Fax: (714) 641-7024
Web site: <http://www.avocado.org/>

California Fig Advisory Board
3425 N. First Street, Suite 109
Fresno, CA 93726
(209) 224-3447
Fax: (209) 224-3449
E-Mail: calfigs@aol.com
Web site: <http://www.californiafigs.com>

California Kiwifruit Commission
1540 River Park Dr., Suite 110
Sacramento, CA 95815
(916) 929-5314
(800) 448-5494
Fax: (916) 929-3740
E-Mail: lindy@kiwifruit.org
Web site:
<http://www.avoinfo.com/index.html>

California Olive Industry
1903 N. Fine Street, Suite 102
Fresno, CA 93727
(209) 456-9096
Fax: (209) 456-9099

California Strawberry Commission
P.O. Box 269
Watsonville, CA 95077-0269
(408) 724-1301
(800) 899-1301
Fax: (408) 724-5973
Web site: <http://www.calstrawberry.com>

California Table Grape Commission
2975 N. Maroa
P.O. Box 5498
Fresno, CA 93755
(209) 224-4997
Fax: (209) 224-4756
Web site: <http://www.tablegrapes.com>

California Tree Fruit Agreement
P.O. Box 968
Reedley, CA 93654-0968
(209) 638-8260
(800) 636-8260
Fax: (209) 638-8842
E-Mail: ctfa@caltreefruit.com

Canned Fruit Promotion Service, Inc.
P.O. Box 7111
San Francisco, CA 94120
(415) 495-7714
Fax: (415) 541-0107

Cherry Marketing Institute
P.O. Box 30285
Lansing, MI 48909-7785
(517) 669-4264
Fax: (517) 669-3354
Web site: <http://www.cherrymkt.org>

Citrus Line: Sunkist Fresh Fruit
Customer Affairs Department
Sunkist Growers Inc.
P.O. Box 7888
Van Nuys, CA 91409
(800) 248-7875

The Cranberry Institute
266 Main Street
E. Wareham, MA 02538
(508) 295-4132
Fax: (508) 291-1511

Florida Department of Citrus
1115 East Memorial Blvd.
P.O. Box 148
Lakeland, FL 33802
(941) 499-2500
Fax: (941) 499-2374

International Apple Institute
P.O. Box 1137
McLean, VA 22101-1137
(703) 442-8850
(800) 781-4443
Fax: (703) 790-0845

International Banana Association
1929 39th Street, NW
Washington, DC 20007
(202) 223-1183
Fax: (202) 223-1194

Michigan Apple Committee
13105 Schavey Road, Suite 5
De Witt, MI 48820
(517) 669-8353
(800) 456-2753
Fax: (517) 669-9506
E-Mail: micpple1@aol.com
Web site: <http://www.michiganapples.com>

Michigan Blueberry Growers Association
P.O. Drawer B
Grand Junction, MI 49056
(616) 434-6791
(800) 367-7292
Fax: (616) 434-6997
E-Mail: mbgblues@cybersol.com

National Cherry Growers and Industry
Foundation (Canned)
105 S. 18th Street
Yakima, WA 98901
(509) 453-4837
Fax: (509) 453-4880
Web site: <http://www.nwcherries.com>

New York Apple Association
7645 Main Street
P.O. Box 350
Fishers, NY 14453-0350
(716) 924-2171
Fax: (716) 924-1629
E-Mail: experts@nyapplecountry.com

North American Blueberry Council
4995 Golden Foothill Parkway, Suite 2
Eldorado Hills, CA 95762
(916) 933-9399
Fax: (916) 933-9777
Web site: <http://www.blueberry.org/>

Pacific Northwest Canned Pear Service
105 S. 18th Street, Number 205
Yakima, WA 98907
(509) 453-4837

Pear Bureau Northwest
382 South East International
Milwaukee, OR 97222
(503) 652-9720
Fax: (503) 652-9721
Web site: <http://www.usapears.com/pears>
E-Mail: info@usapears.com

Produce Marketing Association, Inc.
1500 Casho Mill Road
P.O. Box 6036
Newark, DE 19714-6036
(302) 738-7100
Fax: (302) 731-2409
Web site: <http://www.pma.com>

Washington Apple Commission
P.O. Box 18
Wenatchee, WA 98807
(509) 663-9600
Fax: (509) 662-5824
Web site: <http://www.bestapples.com>

Watermelon Promotion Board
National Watermelon Promotion Board
3113 Lawton Road, Suite 225
Orlando, FL 32803-3519
(407) 895-5100
Fax: (407) 895-5022
E-Mail: wmelon@ix.netcom.com
Web site: <http://www.watrmelon.org/>

Meat and Poultry

American Lamb Council
6911 South Yosemite Street
Englewood, CO 80112-1414
(303) 771-3500

American Sheep Industry Association
6911 S. Yosemite Street
Englewood, CO 80112-1414
(303) 771-3500
Fax: (303) 771-8200
E-Mail: ami@interramp.com
Web site: <http://www.sheepusa.org>

American Meat Institute
P.O. Box 3556
Washington, DC 20007
(703) 841-2400
Fax: (703) 527-0938
E-Mail: ami@interramp.com
Web site: <http://www.meatami.org/>

National Cattlemen's Beef Association
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 368-3138
Fax: (800) 368-3136
Web site: <http://www.cowtown.org/>

National Pork Producers Council
P.O. Box 10383
Des Moines, IA 50306
(800) 973-7675
(515) 223-2600
Fax: (515) 223-2646
Web site: <http://www.nppc.org>

National Turkey Federation
1225 New York Avenue, NW, Suite 400
Washington, DC 20005
(202) 898-0100
Fax: (202) 898-0203
E-Mail: info@turkeyfed.org
Web site: <http://www.turkeyfed.org>

Other Food Related Organizations

Calorie Control Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663
Fax: (404) 252-0774
Web site: <http://www.caloriecontrol.org>

Food Marketing Institute
800 Connecticut Avenue, NW, Suite 400
Washington, DC 20006
(202) 452-8444
(202) 429-8236
(800) 364-7101
Fax: (202) 429-4519
Web site: <http://www.fmi.org/>

The Glutamate Association
555 13th Street, NW
Washington, DC 20004-1109
(202) 738-6135
Fax: (202) 637-5910
Web site: <http://www.msgfacts.com>

Infant Formula Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663
Fax: (404) 252-0774

International Food Additives Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663
Fax: (404) 252-0774

International Food Information Council
1100 Connecticut Avenue, NW, Suite 430
Washington, DC 20036
(202) 296-6540
Fax: (202) 296-6547
Web site: <http://www.ificinfo.health.org>

Olive Oil Hotline
Foodcom, Inc.
708 Third Avenue
New York, NY 10017
(212) 297-0136
(800) 232-OLIVE OIL
Fax: (212) 297-0139

Popcorn Institute
401 N. Michigan Avenue
Chicago, IL 60611-4267
(312) 644-6610
Fax: (312) 321-6869
Web site:
<http://www.popcorn.org/mpindex.htm>

The Sugar Association, Inc.
1101 15th Street, NW, Suite 600
Washington, DC 20005
(202) 785-1122
Fax: (202) 785-5019
E-Mail: sugar@sugar.org
Web site: <http://www.sugar.org>

The Vinegar Institute
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663
Fax: (404) 252-0774

Pasta, Potatoes, and Grains

Idaho Potato Commission
P.O. Box 1068
Boise, ID 83701
(208) 334-2350
(800) 824-4605
Fax: (208) 334-2274
Web site: <http://www.famouspotatoes.org>

National Pasta Association
2101 Wilson Blvd., Suite 920
Arlington, VA 22201
(703) 841-0818
Fax: (703) 528-6507
E-Mail: 103006.16@compuserve.com
Web site: <http://www.ilovepasta.org>

Potato Board
7555 East Hampden, Room 412
Denver, CO 80231
(303) 369-7783
Fax: (303) 369-7718

USA Rice Federation
P.O. Box 740121
Houston, TX 77274
(713) 270-6699
(800) 888-7423
Fax: (713) 270-9021
Web site: <http://www.usarice.com/usarice>

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837
(509) 765-8845
Fax: (509) 765-4853
E-Mail: potato@televar.com

Wheat Foods Council
5500 South Quebec, Suite 111
Englewood, CO 80111
(303) 694-5828
Fax: (303) 694-5807
E-Mail: wfc@wheatfoods.org
Web site: <http://www.wheatfoods.org>

Vegetables

American Frozen Food Institute
2000 Corporate Ridge, Suite 1000
McLean, VA 22102
(703) 821-0770
Fax: (703) 821-1350
Web site: <http://www.affi.com>

California Artichoke Advisory Board
P.O. Box 747
Castorville, CA 95012
(408) 633-4411
(800) 827-2783
Fax: (408) 633-0215

California Tomato Commission
1625 East Shaw Avenue, Suite 122
Fresno, CA 93710
(209) 230-0116
Fax: (209) 230-0635
Web site: <http://www.tomato.org>

Canned Vegetable Council
222 N. Midvale Blvd., Suite 29
Box 5258
Madison, WI 53705
(608) 231-2250
Fax: (608) 231-6952
Web site: <http://www.cannedveggies.org>

Mushroom Council
2200 B. Douglas Blvd., Suite 220
Roseville, CA 95661
(916) 781-7585
Fax: (916) 781-6576
Web site: <http://www.mushroomcouncil.com>

Produce Marketing Association
1500 Casho Mill Road
Newark, DE 19714-6036
(302) 738-7100
Fax: (302) 731-2409
Web site: <http://www.pma.com>

Section III. Food Companies

Arm and Hammer
469 N. Harrison Street
Princeton, NJ 08543
(800) 524-1328 (M-F 9AM-4PM EST)
(800) 624-2889
Fax: (215) 641-5708
Web site: <http://www.armhammer.com>

Beech Nut
P.O. Box 618
St. Louis, MO 63188-0618
(800) 523-6633
Fax: (314) 877-7665
Web site: <http://www.beechnut.com>

Best Foods
A Division of CPC International Inc.
P.O. Box 8000
International Plaza
Englewood Cliffs, NJ 07632
(201) 894-2307
Web site: <http://www.cpcinternational.com>

Butterball Turkey Company
2001 Butterfield Road
Downer's Grove, IL 60515
(708) 512-1005
(800) 323-4848 (Nov.-Dec. only)
Fax: (708) 512-1117
Web site: <http://www.butterball.com>

Cadbury Beverages
Consumer Affairs Office
6 Highridge Park
P.O. Box 3800
Stamford, CT 06913-1051
(800) 426-4891 (M-F 9AM-4PM EST)
Fax: (203) 968-5757

Campbell Soup Company
Corporate Communications Center
Campbell Place
Camden, NJ 08103-1701
(609) 342-4800
(800) 257-8443 (M-F 9AM-4PM CST)
Fax: (609) 342-6449
Web site: <http://www.campbellsoup.com>

ConAgra Frozen Foods
Consumer Service Department
5 Con Agra Dr.
P.O. Box 3768
Omaha, NE 68103-0768
(800) 722-1344 (M-F 10AM-7PM CST)
(800) 323-9980 (M-F 10AM-7PM CST)
Fax: (314) 595-6186
Web site: <http://www.conagra.com>

Dannon Company
120 White Plains Road
Tarrytown, NY 10591
(914) 366-9700
(800) 321-2174
Fax: (914) 366-2805
Web site: <http://www.dannon.com>

Del Monte
Consumer Affairs Department
P.O. Box 193575
San Francisco, CA 94119-3575
(800) 543-3090 (M-F 8AM-5PM PST)
Fax: (415) 247-3080
Web site: <http://www.delmonte.com>

Dole Consumer Center
5795 Lindero Canyon Road
West Lake, CA 91362
(800) 232-8888 (M-F 8AM-3PM PST)
Fax: (818) 874-4997
Web site: <http://www.dole5aday.com>

EggBeaters
P.O. Box 1911
East Hanover, NJ 07936
(800) 932-7800
(800) 622-4726
Web site: <http://www.nabisco.com>

Empire Kosher Poultry
Customer Relations
P.O. Box 165
Mifflintown, PA 17059
(717) 436-5921
(800) 367-4734 (M-TH, 8AM-3PM
FRI 8AM-3PM EST)
Fax: (717) 436-9269

Fleishman
P.O. Box 1911
East Hanover, NJ 07936
(800) 622-4726
Fax: (973) 503-2202
Web site: <http://www.nabisco.com>

General Mills, Inc.
Consumer Services
Box 113
Minneapolis, MN 55440
(800) 328-1144 (Big G Cereals)
(800) 328-6787 (Betty Crocker)
(800) 967-5248 (Yoplait)
Fax: (612) 540-4841
E-Mail: generalmills.compuserve
Web site: <http://www.generalmills.com/>

Gerber Products
445 State Street
Fremont, MI 49413
(800) 432-6333 (24 hours/day)
Fax: (616) 928-2423
Web site: <http://www.gerber.com/>

Giant Food, Inc.
Consumer Affairs Department
P.O. Box 1804
Washington, DC 20013
(301) 341-4322
Fax: (301) 618-4968
Web site: <http://www.cfonews.com/gfs>

Gorton's Fish
Consumer Service Center
800 Sylvan Avenue
Englewood Cliffs, NJ 07632
(800) 222-6846
Web site: <http://www.gorton.com>

H. J. Heinz
1062 Progress Street
Pittsburgh, PA 15212
(800) 872-2229 (M-F 8:15AM-4:30PM EST)
(800) USA-Baby
Fax: (412) 237-5922
Web site: <http://www.oysa.org/hnz.html>

Hershey Foods Corporation
Consumer Relations Department
P.O. Box 815
100 Crystal A Dr.
Hershey, PA 17033-0815
(800) 468-1714 (M-F 9AM-4PM EST)
Web site: <http://www.hersheys.com>

Hormel Foods Corporation
Consumer Affairs
1 Hormel Place
Austin, MN 55912
(800) 523-4635 (M-F 8AM-4PM CST)
Web site: <http://www.hormel.com>
E-Mail: webmaster@hormel.com

Hunt-Wesson Inc.
1645 West Valencia Dr.
Fullerton, CA 92633
(714) 680-1000
Fax: (714) 449-5166

International Home Foods
1633 Litteton Road
Parsittany, NJ 07054
(800) 544-5680
Fax: (973) 254-5890

Kellogg Company (S)
Consumer Affairs Department
P.O. Box CAMB
Battle Creek, MI 49016-1986
(800) 962-1413
Fax: (616) 961-9033
Web site: <http://www.kelloggs.com>

Kretschmer Wheat Germ Sampling Co.
c/o McDowell & Piasecki
Food Communications, Inc.
20 N. Wacker Dr., Suite 1740
Chicago, IL 60606-0944
(312) 201-9101
Fax: (312) 201-9161

Krogers
1014 Vine Street
Cincinnati, OH 45202-1100
(800) 632-6900

Land O'Lakes
Consumer Affairs Department
P.O. Box 64101
St. Paul, MN 55164-0101
(800) 328-4155 (M 9AM-3:30PM;
T-F 8:30AM-3:30PM CST)
Fax: (612) 481-2959
Web site: <http://www.landolakes.com>

Lipton (Ragu)
Consumer Service
800 Sylvan Avenue
Englewood Cliffs, NJ 07632
(800) 328-7248 (M-F 8:30AM-8:30PM EST)
Web Site: <http://www.eat.com>

McDonald's Education Resource Center
P.O. Box 8002
St. Charles, IL 60174-8002
(800) 627-7646
Fax: (630) 584-0672

Motts Inc.
Consumer Affairs Office
6 Highbridge Park
P.O. Box 3800
Stamford, CT 06905
(800) 22-47226 (M-F 9AM-7:30PM EST)
Fax: (203) 968-5757

Nabisco Brands, Inc.
P.O. Box 1911
East Hanover, NJ 07936
(800) 622-4726 (M-F 9AM-7:30PM EST)
Web site: <http://www.nabisco.com>

Nestle Food Company
Nestle Consumer Affairs
800 N. Brand Blvd.
Glendale, CA 91203
(800) 637-8537 (M-F 8AM-4PM PST)
Fax: (818) 549-6330
Web site: <http://www.nestle.com/>

The NutraSweet Company
Consumer Affairs
P.O. Box 2986
Chicago, IL 60654
(800) 321-7254 (Nutrasweet)(M-F 9AM-3PM CST)
(800) 323-5316 (Equal)(M-F 8AM-5PM CST)
Fax: (847) 405-7790
Web site: <http://www.nutrasweet.com>

Ocean Spray Cranberries, Inc.
One Ocean Spray Dr.
Lakeville-Middleboro, MA 02349
(508) 946-1000
(800) 662-3263
Fax: (508) 946-7004
Web site: <http://www.oceanspray.com>

Oscar Mayer Foods Corporation
(Louis Rich)
P.O. Box 7188
Madison, WI 53707
(608) 241-3311
(800) 222-2323
Fax: (608) 242-6119
Web site: <http://www.oscar-mayer.com>

Pepsi-Cola Company
Consumer Relations
1 Pepsi Way
Somers, NY 10589-2201
(800) 433-2652 (COLA)

Perdue Farms, Inc.
P.O. Box 1537-NI
Salisbury, MD 21802
(800) 473-7383
Fax: (410) 543-3884

Perrier Group of America
Consumer Affairs
2767 E. Emperial Highway
Brea, CA 92821
(800) 937-2002 (M-F 9AM-8PM PST)
Fax: (714) 792-2608
Web site: <http://www.perrier.com>

The Pillsbury Company (PET Inc.)
Consumer Relations
Pillsbury Center
200 South 6th Street
Minneapolis, MN 55402
(800) 767-4466 (M-F 8AM-6PM CST)
Fax: (612) 330-4875
Web site: <http://www.bakeoff.com>

Proctor and Gamble (Duncan Hines)
P.O. Box 599
Cincinnati, OH 45201
(513) 983-1100
(800) 543-7276 (M-F 8:30AM-8:30PM EST)
(800) 346-6478 (Duncan Hines)
Web site: <http://www.pg.com/info>

Quaker Oats Company
P.O. Box 049003
Chicago, IL 60604-9003
(800) 234-6281
Web site: <http://www.quakeroats.com/>

Sunkist Growers, Inc.
Consumer Information
P.O. Box 7888
Van Nuys, CA 91409-7888
(818) 986-4800
(800) CITRUS-5
(800) 248-7875 (M-F 8AM-5PM PST)

Sweet'n Low-Butter Buds Hotline
P.O. Box 140
Great Neck, NY 11021
(800) 231-1123 (M-F 9AM-5PM EST)
in New York: (800) 336-0363
Fax: (516) 829-3259
Web site: <http://www.butterbuds.com/>

Sweet One Hotline
Stadt Corporation
P.O. Box 18484
Sarasota, FL 34276
(800) 544-8610 (M-F 9AM-5PM EST)
Fax: (516) 829-3259
Web site: <http://www.sweetone.com>

Tyson Foods, Inc.
(Louis Kemp)
P.O. Box 2020
Springdale, AR 72765-2020
(800) 233-6332 (M-F 8AM-5PM CST)
Fax: (501) 290-7930
Web site: <http://www.tyson.com>

Wendy's International, Inc.
P.O. Box 256
Dublin, OH 43017
(614) 764-6800
Fax: (614) 764-6707
Web site: <http://www.wendys.com>

Section IV. Food Service Related Organizations

American Institute of Wine and Foods
1550 Bryant Street, Suite 700
San Francisco, CA 94103
(415) 255-2874
E-Mail: aiwfmembers@aol.com

American School Food Service Association
1600 Duke Street, 7th Floor
Alexandria, VA 22314-3436
(703) 739-3900
(800) 877-8822
Fax: (703) 739-3915
E-Mail: asfsa@asfsa.org
Web site: <http://www.asfsa.org>

American School Health Association
7263 State Route 43
P.O. Box 708
Kent, OH 44240
(330) 678-1601
Fax: (330) 678-4526

Cool School Cafe
P.O. Box 47430
Plymouth, MN 5547-9766
(800) 468-3287
Web site: <http://www.coolschoolcafe.com>

Culinary Institute of America
Attn: Helen Dunsapugh
433 Albany Post Road
Hyde Park, NY 12538-1499
(914) 451-1278
(800) 385-8280
Fax: (914) 451-1078

Food Service and Packaging Institute, Inc.
1550 Wilson Blvd., Suite 701
Arlington, VA 22209
(703) 527-7512
Fax: (703) 527-7512
E-Mail: foodserv@crosslink.net
Web site: <http://www.fpi.org>

National Food Service Management Institute
University of Mississippi
P.O. Box 188
University, MS 38677-0188
(800) 321-3054
E-Mail: nfsmi@olemiss.edu
Web site:
<http://www.olemiss.edu/depts/nfsmi>

National Restaurant Association
200 17th Street, NW
Washington, DC 20036-3097
(202) 331-5900
Fax: (202) 331-2429
E-Mail: isal@restaurant.org
Web site: <http://www.restaurant.org>

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National Agricultural Library
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